## 2018-19 SNOW CHEETAH TRAINING Dates: Nov. 26th - Dec. 24th

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 25**One day of Polar Bear****15-20 minute Run (Easy)** | 26**8-10x100m (18-20sec)****2min rest****Lift** | 27Polar Bear | 28**Interval Training:****6 x 200m @ 38-42 seconds** **Or****4 x 400m @ 80-85 seconds****(Recovery – Walk what you ran)** | 29Polar Bear | 30**LIFT On OWN** | Dec 1 |
| 2**One day of Polar Bear****20-25 minute Run (Easy)****YOU SHOULD LIFT MINIMUM 2 TIMES THIS WEEK** | 3Resisted Runs with Bands3 x 3 x 10m [3' & 8']**LIFT** | 4Polar Bear | 54-6 x 300m @ 60-65 seconds; 45 second recoveryOr3-4 sets x (200, 150, 100); 200 in 43-50 seconds then 30 seconds rest, 150 in 31-37 seconds with 20 seconds rest, 100 in 20-25 seconds with 15 seconds rest; 2 minute recovery between sets | 6Polar Bear | 7**LIFT ON OWN** | 8 |
| 9**YOU SHOULD LIFT MINIMUM 2 TIMES THIS WEEK** | 10Resisted Runs with Bands3 x 3 x 20m (90%) [3' & 8']**LIFT** | 11Polar Bear | 1210 x 100m in 10 minutesRun 100m, 1 minute rest – including jog back to start, run the next 100100’s are at 80-90%**LIFT** | 13Polar Bear | 146 x 150 meter hills @ 70-75% (Walk-down recovery)**ON OWN** | 15 |
| 16**One Day of Polar Bear****10-15 minute Run (Easy**)**YOU SHOULD LIFT MINIMUM 2 TIMES THIS WEEK** | 17Resisted Runs with Bands 3 x 3 x 20m (90%) [3' & 8']**LIFT** | 18 Polar Bear | 19Ins and Outs – 50m hard, 50m easy – for 400m (do 2-3 sets or 800 to 1200 meters)**LIFT** | 20Polar Bear | 2110 x 40-70m hill with walk/jog down**ON OWN** | 22 |

## 2017-18 SNOW CHEETAH TRAINING Dates: Dec. 25th - Jan. 28th

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Winter Break |  |  |  |  |  |  |
| **15-20 minute easy run****During Polar Bear** |  | 1 Happy New Year! | 2 | 3Polar Bear | 4 | 5 |
| 6 10-15 minute Run (Easy)During Polar Bear**YOU SHOULD LIFT MINIMUM 2 TIMES THIS WEEK** | 7Hills: 4 sets of 3 x 9-second sprints uphill; 60-second rest between reps; 4 minutes between sets**LIFT** | 8Polar Bear | 9Interval Training:8 x 120 m; Focus on posture, form, knee drive, hips tall; walk or light shuffle for 280m for rest; Build from 50 to 80%**LIFT** | 10Polar Bear | 11Resisted Runs with Bands4 x 10m, then 4 x 20m, then 2 x 30m (3 minute recovery between reps)**ON OWN** | 12 |
| 1310-15 minute Run (Easy)During Polar Bear**YOU SHOULD LIFT MINIMUM 2 TIMES THIS WEEK** | 14Accelerations/Starts:3 x 10m (2 pt. stance)3 x 10m (3 pt. stance)3 x 20m (3 pt. stance)3 min. recovery between reps**LIFT** | 15Polar Bear | 1610 x 100m in 10 minutesRun 100m, 1 minute rest – including jog back to start, run the next 100100’s are at 75-80%**LIFT** | 17Polar Bear | 18Hills: 2 x 3 x 25-30 second hills/3-4 minute recovery between reps (approximately 100-130 meters)**ON OWN** | 19 |
| 2010-15 minute Run (Easy)During Polar Bear**YOU SHOULD LIFT MINIMUM 2 TIMES THIS WEEK** | 21No School | 22Polar Bear | 23100/200: Interval Training:8 x 120 m; Focus on posture, form, knee drive, hips tall; walk or light shuffle for 280m for rest; Build from 50 to 80%400: 3 sets of 200 + 200 (1 minute recovery between 200s); 3 minute recovery between sets. 200’s at 35-40 seconds | 24Polar Bear | 25Hills: 2-3 sets of (50m-100m-150m-100m-50m) hills, high intensity with walk/jog down, 20% grade**ON OWN** | 26 |

## 2017-18 SNOW CHEETAH TRAINING Dates: January 28th – Beginning of Season (Feb. 13)

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 27**YOU SHOULD LIFT MINIMUM 2 TIMES THIS WEEK** | 28Resisted Runs with Bands4 x 10m, then 4 x 20m, then 2 x 30m (3 minute recovery between reps) | 29Polar Bear | 30Ladder500-400-300-200-100 @ 75% (Walk what you ran for recovery) OR100 (1 min. rest), 200 (2 min. rest), 300 (3 min. rest), 300 → 200 → 100@ 80-85% | 31Polar Bear | February 16 x 150 meter hills @ 70-75% (Walk-down recovery)**ON OWN** | 2 |
| 3 | 4WEEK OFF | 5Polar Bear? | 6 | 7Polar Bear? | 8 | 9 |
| 10 | 11 – First Day of Track & Field Season | 12 | 13 | 14 | 15 | 16 |