## 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** | 27  Polar Bear | 28  **Interval Training:**  **6 x 200m @ 38-42 seconds**  **Or**  **4 x 400m @ 80-85 seconds**  **(Recovery – Walk what you ran)** | 29  Polar 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** | 3  Resisted Runs with Bands 3 x 3 x 10m [3' & 8']  **LIFT** | 4  Polar Bear | 5  4-6 x 300m @ 60-65 seconds; 45 second recovery  Or  3-4 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 | 6  Polar Bear | 7  **LIFT ON OWN** | 8 |
| 9  **YOU SHOULD LIFT MINIMUM 2 TIMES THIS WEEK** | 10  Resisted Runs with Bands 3 x 3 x 20m (90%) [3' & 8']  **LIFT** | 11  Polar Bear | 12  10 x 100m in 10 minutes  Run 100m, 1 minute rest – including jog back to start, run the next 100  100’s are at 80-90%  **LIFT** | 13  Polar Bear | 14  6 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** | 17  Resisted Runs with Bands  3 x 3 x 20m (90%) [3' & 8']  **LIFT** | 18  Polar Bear | 19  Ins and Outs – 50m hard, 50m easy – for 400m (do 2-3 sets or 800 to 1200 meters)  **LIFT** | 20  Polar Bear | 21  10 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 | 3  Polar Bear | 4 | 5 |
| 6  10-15 minute Run (Easy)  During Polar Bear  **YOU SHOULD LIFT MINIMUM 2 TIMES THIS WEEK** | 7  Hills: 4 sets of 3 x 9-second sprints uphill; 60-second rest between reps; 4 minutes between sets  **LIFT** | 8  Polar Bear | 9  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%  **LIFT** | 10  Polar Bear | 11  Resisted Runs with Bands  4 x 10m, then 4 x 20m, then 2 x 30m (3 minute recovery between reps)  **ON OWN** | 12 |
| 13  10-15 minute Run (Easy)  During Polar Bear  **YOU SHOULD LIFT MINIMUM 2 TIMES THIS WEEK** | 14  Accelerations/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** | 15  Polar Bear | 16  10 x 100m in 10 minutes  Run 100m, 1 minute rest – including jog back to start, run the next 100  100’s are at 75-80%  **LIFT** | 17  Polar Bear | 18  Hills: 2 x 3 x 25-30 second hills/3-4 minute recovery between reps (approximately 100-130 meters)  **ON OWN** | 19 |
| 20  10-15 minute Run (Easy)  During Polar Bear  **YOU SHOULD LIFT MINIMUM 2 TIMES THIS WEEK** | 21  No School | 22  Polar Bear | 23  100/200: 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 | 24  Polar Bear | 25  Hills: 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** | 28  Resisted Runs with Bands  4 x 10m, then 4 x 20m, then 2 x 30m (3 minute recovery between reps) | 29  Polar Bear | 30  Ladder  500-400-300-200-100 @ 75% (Walk what you ran for recovery) OR  100 (1 min. rest), 200 (2 min. rest), 300 (3 min. rest), 300 → 200 → 100  @ 80-85% | 31  Polar Bear | February 1  6 x 150 meter hills @ 70-75% (Walk-down recovery)  **ON OWN** | 2 |
| 3 | 4  WEEK OFF | 5  Polar Bear? | 6 | 7  Polar Bear? | 8 | 9 |
| 10 | 11 – First Day of Track & Field Season | 12 | 13 | 14 | 15 | 16 |