

# **KMS Kennedy Track Tryout**

## **Conditioning Guide**

\*Remember to stay hydrated at all times and follow appropriate health guidelines.

To best prepare for Track Tryouts, complete a distance workout 4-5 times per week, an upper or lower body workout 3-4 times per week, and Core workout 3 times per week.

Core Workout- Plank 60 secs, rest 30 secs (repeat 5 times). Side plank 60 secs, rest for 30 secs (repeat twice on each side). Sit-ups 60 secs, rest 30 secs (repeat 5 times)

Upper Body (All distances, Shot Put)

- Push-ups: 4 burnout sets (burnout set: do as many as you can (you should not be able to push all the way up on your last one))
- Pull-ups (overhand grip): 2 burnout sets
- Pull-ups (underhand grip): 2 burnout sets

Lower Body (Long Jump, High Jump, Sprints)

- Squats – as many as you can (using good form) in 60 seconds. (repeat 3 times)
- Lunges – as many as you can (using good form) in 60 seconds. (repeat 3 times)
- Heel Raises - as many as you can (using good form) in 60 seconds. (repeat 3 times)
- Single Leg Hop – Hop across your yard (20+ yards) on 1 foot and hop back on the other foot (repeat 5 times)

Longer Distance (be able to run at least 30 minutes WITHOUT stopping)

- Run 20 minutes out (will take the same path back), run back faster than 20 minutes.
- Map out a 3 mile course. Work towards running 3 miles without stopping. Try to get your 3 mile time under 24 minutes (8 minute miles)
- Map out a 2 miles course. Work towards running 2 miles under 15 minutes (7:30 minute miles)
- Map out a 1 mile course. While the mile is the longest event we do, it is a relatively short run. When you are competing in the mile, you should feel VERY fatigued at the end of your race. Your muscles will hurt, you will be breathing hard but cutting seconds off of your PR (personal record) will be worth it. When you run a mile in training it should be almost as fast as you can go.
- Speed Workout – Sprint for 60 seconds. Walk for 2 minutes. (Do this 3 times). Sprint for 30 seconds. Walk for 2 minutes. (Do this 3 times). Sprint for 15 seconds. Walk for one minute. (Do this 3 times). \*\*\*If this is easy, add this to the beginning of the workout (Sprint for 90 seconds. Walk for 2 minutes.) (3 times).
  - In order to decrease your mile time. Using HARD sprints for shorter distances will go a long way!

## Mid-Distance

- Run 15 minutes out (will take the same path back), run back faster than 15 minutes.
- Map out a 2 miles course. Work towards running 2 miles under 17 minutes (8:30 minute miles)
- Map out a 1 mile course. Work towards running 1 mile in under 7:30 minutes. Repeat 2 times.
- Map out a 0.5 mile (800m) course. Run it as fast as you can. Rest for 5 minutes. Repeat this 4 times.
- Speed Workout – Sprint for 60 seconds. Walk for 2 minutes. (Do this 3 times). Sprint for 30 seconds. Walk for 2 minutes. (Do this 3 times). Sprint for 15 seconds. Walk for one minute. (Do this 3 times). \*\*\*If this is easy, add this to the beginning of the workout (Sprint for 90 seconds. Walk for 2 minutes.) (3 times).

## Mid-Distance

- Map out a 0.5 mile (800m) course. Run it as fast as you can. Rest for 5 minutes. Repeat this 4 times.
- Speed Workout – Sprint for 60 seconds. Walk for 2 minutes. (Do this 3 times). Sprint for 30 seconds. Walk for 2 minutes. (Do this 3 times). Sprint for 15 seconds. Walk for one minute. (Do this 3 times). \*\*\*If this is easy, add this to the beginning of the workout (Sprint for 90 seconds. Walk for 2 minutes.) (3 times).

## Sprints

- Run 10 minutes out (will take the same path back), run back faster than 10 minutes.
- Map out a 0.5 mile (800m) course. Run it as fast as you can. Rest for 5 minutes. Repeat this 4 times.
- Speed Workout – Sprint for 60 seconds. Walk for 2 minutes. (Do this 3 times). Sprint for 30 seconds. Walk for 2 minutes. (Do this 3 times). Sprint for 15 seconds. Walk for one minute. (Do this 3 times). \*\*\*If this is easy, add this to the beginning of the workout (Sprint for 90 seconds. Walk for 2 minutes.) (3 times).