

Model Workouts

Here are some workout suggestions that can serve as guidelines as you develop your own workout schedule for your team.

- Four model workouts demonstrate how to bring all the components of a workout together. Each of the four model workouts focuses on different aspects of training.
- A model twelve-week workout schedule focuses only on the main running component of the workouts, but shows how one might start to put together a plan for an entire season.
- Indoor workout suggestions show how to alter practices during inclement weather and make the most of being indoors rather than canceling practice.

Four Model Workouts

Each of the workouts below can be completed in 45 minutes. Feel free to add more components if you have the time. Just remember to keep the workouts different and vary their distance and speed activities so you don't always do the same practice.

Model 1. This model focuses on *speed and strength*.

- 1) *Warm-Up and Stretching* (10 minutes):
Start your runners with a slow warm-up jog or walk followed by stretching.
- 2) *Relay Races* (20 minutes):
Use a track or do shuttle runs back and forth. Divide your team into groups and have them each run the same distance (100m-400m each.)
- 3) *Cool-Down* (5 minutes):
Have runners jog slowly at the end of their relays.
- 4) *Strength Training* (5 minutes):
Pick one or two exercises for the team to do.
- 5) *Circle-Up* (5 minutes):
End practice with your team in a circle and talk about runners' accomplishments of the day, or upcoming events.

Model 2. This model focuses on *distance and stride*.

- 1) *Warm-Up and Stretching* (10 minutes):
Start your runners with a slow warm-up jog or walk followed by stretching.
- 2) *Striders* (10 minutes):
Have runners practice their stride for 25m-50m about 5 or 6 times each.
- 3) *Easy Distance Run* (30 minutes):
Have runners jog with intermittent walking if necessary for the full time to see how far they can go.
- 4) *Circle-Up* (5 minutes):
End practice with your team in a circle and talk about runners' accomplishments of the day, or upcoming events.

Model 3. This model focuses on *mental training and pacing*.

- 1) *Warm-Up and Stretching* (10 minutes):
Start your runners with a slow warm-up jog or walk followed by stretching.
- 2) *Mental Training* (5 minutes):
Lead your athletes through a simple focusing, visualization, or relaxation exercise.
- 3) *Interval Training* (20 minutes):
Have runners complete either a ladder workout (200m-300m-400m-300m-200m) or repeats (4x400m) with a few minutes rest in between each.
- 4) *Cool-Down* (5 minutes):
Have runners jog slowly at the end of their intervals.
- 5) *Circle-Up* (5 minutes):
End practice with your team in a circle and talk about runners' accomplishments of the day, or upcoming events.

Model 4. This model focuses on *form and teamwork*.

- 1) *Warm-Up and Stretching* (10 minutes):
Start your runners with a slow warm-up jog or walk followed by stretching.
- 2) *Form Drills* (10 minutes):
Choose 3 or 4 drills and have runners practice them for about 25m each, reminding them that it's better to do them slowly and properly than fast and improperly.
- 3) *Chain Run* (15 minutes):
Have the team run a chain run together at the same pace.
- 4) *Strength Training* (5 minutes):
Pick one or two exercises for the team to do.
- 5) *Circle-Up* (5 minutes):
End practice with your team in a circle and talk about runners' accomplishments of the day, or upcoming events.

Model Twelve-Week Workout Schedule

Week 1

Day One — Total Distance Covered: 1½ miles

- 400m or 3 minute jog with a 2-3 minute recovery.
- 3 x 200m or 60-90 second run with equal walking after each.
- Relays: 2-4 x 100m

Day Two — Total Distance Covered: 1 mile +

This is an important aspect of training, as the baseline measurement is a key marker for determining each runner's progress and achievement.

- **One mile time trial.** Record times for a baseline measurement through the season. Distribute patches students earned.
- Discuss goals setting and have all students complete the Young Runners **Goal Sheet**.

Week 2

Day One — Total Distance Covered: 1½ - 2 miles

- 400m or 3 minute jog with a 2-3 minute recovery.
- 3-5 x 200m or 60-90 second run with equal walking after each.
- Relays: 2-4 x 100m

Day Two — Total Distance Covered: 1½ - 2 miles

- 400m or 3 minute jog with a 2-3 minute recovery.
- 4 x 200m or 60-90 second run with equal walking/jogging after each.
- Relays: 3 x 200m

Week 3

Emphasize pace and completing the entire workout over getting it done first. Endurance is more important now than speed.

Basic Day One and Two — Total Distance Covered: 1 ¾ miles

- 400m or 3 minute jog with a 2 minute recovery.
- 300m run at 50% with a 100m walk.
- 2 x 200m run at 70% with a 200m jog after each.
- 3 x 100m run at 70% with a 100m jog after each.

Intermediate Day One and Two — Total Distance Covered: 2 ¼ miles

- 2 x 400m or 3 minute jog with a 2 minute recovery.
- 2 x 300m run at 50% with a 100m walk.

- 2 x 200m run at 70% with a 200m jog.
- 3 x 100m run at 70% with a 100m jog.

Week 4

Basic Day One — Total Distance Covered: 2¼ miles

- 2 x 400m chain run with a 1 minute recovery.
- 3 x 200m with a 200m jog. Start at 70%, then each 200 should be faster.
- 3 x 100m with a 100m jog. Start at 70%, then each 100 should be faster.

Intermediate Day One — Total Distance Covered: 2¼ miles

- 800m chain run with a 2 minute recovery.
- 100m chain run with a 2 minute recovery.
- 3 x 200m with a 200m jog. Start at 70%, then each 200 should be faster.
- 3 x 100m with a 100m jog. Start at 70%, then each 100 should be faster.

Basic and Intermediate Day Two — Total Distance Covered: varies for each.

- “See how far you can run day” or out-and-back workout.

Week 5

Basic Day One — Total Distance Covered: 2 miles

- 200m or 1 ½ minutes fast, 50m or 30 seconds easy.
- 400m or 2 minutes fast, 100m or 1 minute easy.
- 600m or 3 ½ minutes fast, 150m or 1 ½ minutes easy or walking.
- 400m or 2 minutes fast, 100m or 1 minute easy.
- 200m or 1 ½ minutes fast, 50m or 30 seconds easy.

Intermediate Day One — Total Distance Covered: 2¾ - 3 miles

- 200m or 1 ½ minutes fast, 50m or 30 seconds easy.
- 400m or 2 minutes fast, 100m or 1 minute easy.
- 600m or 3 ½ minutes fast, 150m or 1 ½ minutes easy.
- 800m or 4 ½ minutes fast, 3 minute recovery.
- 600m or 3 ½ minutes fast, 150m or 1 ½ minutes easy.
- 400m or 2 minutes fast, 100m or 1 minute easy.
- 200m or 1 ½ minutes fast, 50m or 30 seconds easy.

Basic and Intermediate Day Two — Total Distance Covered: 1 mile +

- **One mile time trial.**
- Distribute patches students earned. Revisit student **Goal Sheets**. Assess progress and set new goals as necessary.
- Relays.

Week 6

Basic Day One — Total Distance Covered: 2 ½ miles

- 800m at 50% with a 2 minute recovery.
- 800m pick-ups with a 2 minute recovery. (200 fast, 100 easy, 200 fast, etc.)
- 2 x 200m run with a 200m walk/jog.
- 3-4 x 100m run with a 100m walk.

Intermediate Day One — Total Distance Covered: 2 ½ miles

- 800m at 50% with a 2 minute recovery.
- 800m pick-ups with a 2 minute recovery. (200 fast, 100 easy, 200 fast, etc.)
- 2 x 400m run with a 2 minute recovery.
- 3-4 x 100m run with a 100m jog.

Basic and Intermediate Day Two — Total Distance Covered: 1½ - 2½ miles

- Basic: 9 minutes out, 8 ½ minutes back.
- Intermediate: 11 minutes out, 10 ½ minutes back.

Week 7

Day One — Total Distance Covered: 3 - 3½ miles

- 3 x 10 minute runs with a 3 minute walk after each.
- 1st: run last minute fast.
- 2nd: run last 2 minutes fast.
- 3rd: run last 3 minutes fast.

Day Two — Total Distance Covered: 2½ - 3 miles

- 12 minutes out, 11 minutes back.

Week 8

Day One — Total Distance Covered: varies on timed run.

- 2 x 10 minute run with 3 minute walk after each. (Depending on time left.)
- 1st: run last 2 minutes fast.
- 2nd: run last 4 minutes fast.

Day Two — Total Distance Covered: 2½ - 3 miles

- 14 minutes out, 13 minutes back.

Week 9

Day One — Total Distance Covered: 3½ - 4 miles

- 36 minute run with pick-ups.
- At 6 and 12 minutes run fast for 2 minutes.

- At 18 and 24 minutes run fast for 3 minutes.
- At 30 minutes run fast for 4 minutes.

Day Two — Total Distance Covered: 1 mile

- **One mile time trial.**
- Distribute patches students earned. Revisit student **Goal Sheets**. Assess progress and set new goals as necessary.
- Relays.

Week Ten

Day One — Total Distance Covered: 3½ to 4 miles

- 36 minute run with pick-ups.
- At 6 minutes run fast for 2 minutes.
- At 12 and 18 minutes run fast for 3 minutes.
- At 24 and 30 minutes run fast for 4 minutes.

Day Two — Total Distance Covered: 3 ½ miles

- 15 minutes out, 14 minutes back.

Week Eleven

Day One — Total Distance Covered: 2 miles

- Run an 800m, 600m, 400m, 200m and 100m at a fast pace.
- Full walking recovery after each interval.

Day Two — Total Distance Covered: 3 ½ miles

- 16 minutes out, 14 minutes back.

Week Twelve

Day One — Total Distance Covered: 2 ½ miles

- 1600m, 800m, 600m, 400m, 200m, 100m at a fast pace.
- Full walking recovery after each interval.

Day Two — Total Distance Covered: 1 mile

- **One mile time trial.**
- Distribute patches students earned. Revisit student **Goal Sheets**. Congratulations on progress over the course of the season!

Indoor Workouts

There are many ways to substitute workouts. On inclement weather days, you can practice indoors with your team and create the type of workout you had planned for the day. Even if your school doesn't have a gymnasium, you can practice in different locations inside of your school. Remember to get permission from the principal when necessary.

Hill Work: This type of workout is good to increase the body mass in the lower part of the body. Also, it gives a lot of strength to the body.

- Find the stairs that are located in the back side of the school.
- The kids should run up the stairs and walk down (for safety reasons, do not let the kids run down).
- Execute 5 to 10 repetitions with 1 minute rest in between (depending on the kid's ability).

Speed Work: This type of workout will improve the runner's pace in short distance.

- Find a 30 meter straightaway (it can be a hallway, gymnasium, cafeteria, large size classroom, etc.). Be careful that the finish line is not too close to a wall.
- Make two or three lines and at the signal or the whistle, the kids will run 30 meters at fast speed (you can start at 60% speed and increase the percentage as they go) and return to the starting area walking to rest.
- Execute 10 to 15 runs with 1 minute rest in between. For this workout you can do 2 or 3 repetitions (depending on the kid's ability).

Relays: Relays are fun and kids love them. This type of workout is an addition to speed work. Also, relays can be used to reward your kids for good behavior or effort. With this workout, you can teach your kids the technique of baton handoff.

- Use the same space as the space used for speed work.
- Make two or three lines and give a baton (provided by NYRR, or a substitute object will work) to the first person in each line.
- Explain the technique you use for the baton handoff as there are many techniques (ask your Field Manager or Regional Coordinator for advice if you are unsure).
- Execute this workout until you see smoothness on the handoff. You may need to explain this technique more than one time.

Long Runs: Long runs are our favorite workouts. This type of workout will benefit your kids physiologically and mentally more than the other workouts listed.

- For this workout, you will need to create a course inside the school. It does not have to be a straightaway, but it can incorporate one or many straightaways.

- Run based on time or measure the course so you are able to run the exact distance you would like.
- To keep distance running on a small course from getting boring try mixing in a 20-50 meter section of the loop where the runners do a different drill on each lap.

Games: Games are a great way to keep kids moving for a long period of time while having fun. Make sure to choose a game where everyone is constantly moving. For more detailed information on good games to play request an After the Basics Manual or if you are in NYC attend the hands on training offered by NYRR.