

## **“TRAINING THE HS MULTI-SPORT ATHLETE IN THE OFF SEASON”**

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\*Excitement from coaches and expressing to the athletes how important it is to be there and while they are there it will be fun while working hard and well worth it.

\*Change activities and scenery/location of sessions to mix it up and not in too much of a routine so the athletes are surprised or wondering what is next.

\*Motivate and be a good example. Train with them if possible?!

\*Injury Prevention. Do the best you can by providing proper warm up and cool down and then reminding the importance of proper hydration, nutrition and stretching all the time.

\*As you plan your sessions, make sure you have a clear goal for the day and the athletes know what it is. Explaining each session as you go helps them stay focused.

### **SESSIONS:**

- I have listed some examples of sessions to have on a weekly basis. Make sure to have a clear goal and the athlete knows what it is for that day's session. Also, make sure they days are set up so proper rest is in between the more taxing sessions.

\*Long Runs (line running where the last person runs to the front and so on, make different groups per minutes/miles and they should be comfortable to visit)

\*Interval Core Tabatas (varies core exercises mixed in with interval training for a series of 3-6 tabatas in a 30min time period. Please ask for attachments of examples if you missed the prior presentation on this.)

\*Lifting/Weight Room (this is per what your athletic program provides or each individual coach, there are the “basics” you can do and I have suggestions on if asked. Mix in 2-3 days a week if you want, depending on focus)

\*Hills/Bleachers/Stairs (mix this up using plyometrics using boxes, mats, hurdles and etc. to make the best session possible. Make sure when mixing power and conditioning it flows through the session.)

\*Cross Training (swimming or pool workouts, biking, elliptical... anything but running and pounding yet getting good cardio work in. Yoga is a great idea for these days and buying a good dvd of it works best for them to follow!)

\*Tempo Runs (there are series of these an athlete can do from beginner to advanced and the times can be adjusted as well. These can be used in meters from 25m – 300m as long as there is a clear goal and plan for the session. Tempo Runs can also be hard steady paced runs for no longer than 15minutes depending on athlete.)

\*Conditioning Circuits (Conditioning circuits should be one long steady session with varies exercises built in. These can be mixed in on a day of lower meters or prior to lifting.)

**\*ALL SESSIONS MUST HAVE A GOOD WARM UP AND COOLDOWN EACH DAY BUILT INTO ROUTINE! ADDING A SIMPLE CORE SESSION TO DAILY COOL DOWN IS A BONUS.\***

Possible Example Week: -remember that although each day of week may have a goal, the location and style of day should change to keep body confused and working hard as well as motivating and keeping athletes engaged!

MONDAYS

~Tempo Runs/Lift~

TUESDAYS

~Interval Core Tabatas~

WEDNESDAYS

~Cross Training~

THURSDAYS

~Long Runs/LIFT~

FRIDAYS

~Tempo Running/Conditioning Circuits~

Examples of Daily Sessions to mix into your week:

\*TEMPO RUNS:

- Tempo Runs are at 65-85% effort using a series of 25s, 50s, 100s, 200s and 300s in various orders make a tempo routine. The rest time is dependent upon goal of session as well. As a rule, use either 45sec with 2min rest or 30sec with 90sec rest. You will use the first # of the rest (either 45 or 30) after each push or comma as listed. You will then use the second # of rest (either 90sec or 2min) after each row/line of pushes.
- Please follow carefully for success of workout. REMEMBER: this is easy to moderate!!! It works best for the athletes when the coach times each session so it is exact in meters and in rest.

\*INTERVAL CORE TABATAS –this is a very small example of many core exercises to choose from:

<u>Beginner</u>	<u>Advanced</u>
50m push	100m push
5 pushups	5 pushups
50m push	100m push
5 pushups	5 pushups
10 body weight squats	10 body weight squats
25m push	50m push
5 pushups	5 pushups
10 body weight squats	10 body weight squats
20 survivors	20 survivors
50m push	100m push
-continue and repeat for 6-10minutes	

EXAMPLE OF CORE EXERCISES TO CHOOSE FROM:

Mountain Climbers	Floor Jacks	Planks/Side Planks
Frog Hops	Power Squats	Scurpees
Russian Twists	Push ups	Floor Angels
Fire Hydrants	Star Jacks	Superman
Walking Pushups	Knuckle Squats	Tuck Jumps
High Knees	Survivors	Jump Shots
V sit ups	Lateral Skaters	Sumo Squats
Jump Split Squats	Burpees	Suitcase Crunches
Bicycles	Leg Raises	Tricep Dips

\*CONDITINING CIRCUIT:

400M at Goal Pace

Lunges – 15m

Toe Touches – cross over/10 touches each foot

Dance Kicks – 15m

30 crunches feet up crossed/30 crunches feet down

Straight Leg Toe Touches – 15m

Bicycle Crunches – x60

400M at Goal Pace

Side Slides Down – 15m

Push-ups – 15-25x

Side Slides Back – 15m

Power Squats – x25

Inch Worm - 15m/jog back 15m

Superman – x20

400m Goal Pace

\*HILLS:

option 1: go to steep hill and start w/4-6 power hills w/walk down (add 2 every other session)

option 2: go to long (at least 120m+) and push up hill, starting at 15min and add 5min every 2 weeks to session. Include a 5min warmup and 10min cooldown.

(hills may be simulated on treadmill in 20 seconds for power hills and 45 second pushes for conditioning hills on an incline. Still include the minutes for warmup/cooldown as well as add reps every 2 weeks!)

\*CROSS TRAINING:

Examples: option 1: Bike 10min/25-50 survivors– Run 10min/10-25 Pushups – Bike 10min/10-25 Jump Split Squats

option 2: Run 10min/25-50 survivors – Bike 10min/10-25 Pushups – Row 10min/10-25 JSS– Run 10min

option 3: SWIMMING – do a 10min warmup/cooldown jogging in water and then 10min of form drills

LIFTING ROUTINE:

*-I HAVE ONLY LISTED EXAMPLES OF JUST THE BASICS! (Power and quickness when lifting)*

Lifting is done after workouts and under the direction and supervision of a trained coach only.

Squats – use your partner as a spotter!

Hanging Pull-ups – use appropriate weight for resistance.

Jump Machine – make sure to do both legs and alternate!

Bench Press – use your partner as a spotter!

Leg Curls – 1 leg at a time

Leg Extensions – 1 leg at a time

Medicine Ball – various stomach and back exercises.

Dumb Bell Arm Swings – pump arms as if sprinting

Lunges/Split Squats w/bar – light weight but high reps

\*PROPER WARM UP/ COOL DOWN EACH DAY INTO ROUTINE –here is a example of each:

-Dynamic Warm up of sorts that is simplified out of season for all athletes.

-The cool down should have some easy jogging or tempo turnarounds no more than 30m as well as mix in an exercise of sorts like frog hops, high easy lunging or jumping jacks and maybe some simple core work.