Training Plan - 12U

2025

Table of Contents

Overview & Definitions

This plan is a guide for planning workouts throughout the season. Because of the wide range of ability and capacity to train, there will be a need for adjustment. If there are athletes either unable to complete the workouts or complete the workout with the intended intensity/pace, the number of reps can be adjusted.

The season is broken up into three major categories: 1) early season, 2) mid season and 3) championship season. Each part of the season is meant to prepare the athletes to perform their best in the championship meets (JV, Varsity, and beyond).

During the **early season** portion of the schedule, the majority of time is spent on developing aerobic capacity. A strong aerobic capacity will help enable athletes handle the anaerobic work in the later part of the season as well as develop general endurance. You'll notice for the repetitions, the pace is slower and the rest is shorter.

The **mid season** is where the highest volume of work occurs as well as introducing anaerobic work (speed endurance). Intensity begins to increase, while volume hits the highest point in the season.

Finally, the **championship season** sees the workload decrease, providing more rest to prepare athletes to perform their best when it counts.

Sprint vs. Distance

There are some athletes who know that they only want to run sprints (400m or below) or only distance (800m or above). Both sprinters and distance runners need to develop their aerobic system. This system will continue to improve throughout adulthood.

However, those that want to concentrate on the sprint events will spend less time developing the aerobic system and instead will focus more on anaerobic (speed endurance) and speed development. The workouts will tend to be higher in intensity and lower in volume.

Distance runners will be spending much more time on aerobic system development and more time at the (T) pace (defined below).

Sprints will be divided into short sprints (those wanting to concentrate on the 100 meters and 200 meters) and long sprints (those wanting to concentrate on the 200 meters and 400 meters). Short sprinter workouts will be somewhat shorter, with higher intensity than long sprinter workouts.

Definitions

Speed Development

Workouts that are meant to recruit muscle fibers that are responsible for running at maximum speed for a very short distance. Many people consider "speed work" to be intervals or repeats such as 400 meter repeats or 200 meter repeats, etc. This is not your maximum speed.

You'll see on most Thursdays we'll be doing "150m in and outs", "30 meter falling starts", or "50 meter hill sprints" (some of these workouts are denoted with a SD). These are not meant to be tiring, but are meant to tap into your fast twitch muscle fibers and train the nervous system to use them. This is sometimes called neuromuscular training.

The reason that your basic speed matters is that it's a window into a broader continuum of paces, i.e., speeds, that you need to run to perform your best. When you improve your basic speed, you become more efficient at the other speeds you need to hit. It also helps develop better running economy or the efficiency of running and running form/technique.

Paces

In each workout, there is a letter in parenthesis. This letter designates the pace each repetition should be run. The specific pace can be derived by several tables (i.e. Jack Daniels running formula or the McMillian running calculator) that use race times to determine the proper pace for each athlete.

Following are the definitions:

Easy (E) : This is a pace that is comfortable to run. Athletes should be able to have a conversation when running easy pace. Easy running helps build the muscle system required for running and helps develop the systems within the muscles that help deliver oxygen.

Threshold (T) : Running at Threshold pace is where the athlete is running at maximum oxygen consumption without developing high accumulations of lactate. Threshold training helps extend the amount of time that an athlete can run in a race without accumulating high levels of lactate (known as lactic acid).

Interval (I) : This is a more intense pace of running. Interval pace training stresses the oxygen delivery/processing system beyond its limit. This type of training helps the muscles learn to manage oxygen deficiency and lactate processing (buffering and consumption of lactate). This helps increase speed endurance capabilities.

Repetition (R) : This is the pace you would run in a race or faster (can be maximum effort). The purpose of this type of training is anaerobic efficiency along with running economy.

Warm Up Drills

Muscles contract faster and harder when warm versus when cold. If a high level of performance in a workout or race is expected, a warm up is required. Any movements will warm the body and raise the muscles temperature, however the warm up routines chosen below are developed to match the type of workout (i.e. aerobic warm up is designed to be done before races or hard workouts) and also to be specific to running motions and that teach and develop areas essential to efficient running technique.

The drills also act as plyometric exercises, which develop power and explosion along with building strength within running motions, which also contribute to improved running economy and form. For more options, please see the "Tigres Training - Supplemental" document.

Dynamics

- Walk on toes/Walk on heels
- Butt kickers

- High knees
- Straight leg bounding
- Side kickers, both ways
- Cariocas, both ways
- Hip turns, with sprint
- A-skips
- B-skips
- C-skips, both legs *
- A-C-skips *
- Fast knees + fast hands
- Power skips
- Fast claw, both legs *
- Ankling hops *
- Laying starts

* Youth and Intermediate only

Early Season

Week 1: February 3 - 9

Day	Group	Drills	Workout
Maintenance Monday	Sprint	N/A	Parent Meeting
	Distance	N/A	Parent Meeting
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	4 Laps (E), 4 x 100m strides, 20m starts Purpose – Aerobic capacity
	Distance	Aerobic Work	6 laps (E), 4 x 100m strides, 6 laps Purpose – Aerobic capacity, running economy/form
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	2.5 Mile (E), 4 x 150m in and outs (SD) Aerobic capacity, speed development, running economy/form
Saturday	Sprint	N/A	10 Minutes (E) cross country run on your own 4 x 100m strides Purpose – Aerobic capacity
	Distance	N/A	3 Miles (E) on your own Purpose – Aerobic capacity

Quote of the week: "The will to win means nothing without the will to prepare." - Juma Ikangaa, 1989 NYC Marathon winner

Week 2: February 10 - 16

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint	100 (walk the curve) x 8 Purpose – Aerobic capacity
	Distance	Sprint	3.5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	2 x 200m(T) 3-minute rest, 1 x 300(T) 3 minute rest 1 x 400 (T) Purpose – Aerobic capacity, teach (T) pace
	Distance	Aerobic Work	1000 (3 minute rest) 3 x 400 (1 min rest) Purpose – Aerobic capacity, teaching pace and team work
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	3 Mile (E), 4 x in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form
Saturday	Sprint	N/A	10 Minutes (E) cross country run on your own 4 x 100m strides Purpose – Aerobic capacity
	Distance	N/A	4 Miles (E) on your own Purpose – Aerobic capacity

Quote of the week: "There are no shortcuts to any place worth going." - Beverly Sills, singer

Week 3: February 17 - 23

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	1200 (E on curves, T on straights) Purpose – Aerobic capacity
	Distance	Sprint	3.5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	2 x 400m(T) 90 sec rest, 3 x 200(T) 60 sec rest Purpose – Aerobic capacity, teach (T) pace
	Distance	Aerobic Work	15 min Oregon Drill (80m E, 80m 3200 race pace, 80 closing speed) jog to start recovery Purpose – Aerobic capacity, teaching pace and team work
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	3 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form
Saturday	Sprint	N/A	10 Minutes (E) cross country run on your own 4x 100m strides Purpose – Aerobic capacity
	Distance	N/A	4 Miles (E) on your own Purpose – Aerobic capacity

Quote of the week: "Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself." - William Faulkner

Week 4: February 24 - March 2

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	6 x 30m fly-ins 6 x 80m sprints Purpose – Aerobic capacity
	Distance	Sprint	3.5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	6 x 200 (T) walk 200 recovery Purpose – Aerobic capacity/Speed endurance
	Distance	Aerobic Work	2 x 600m (T) 1 min rest 3 x 400m (T) 1 min rest 3 x 200m (I) 30 sec rest Purpose – Aerobic capacity
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	4 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form
Saturday	Austin Gambill Memorial Track Meet @ Buena High School		

Quote of the week: "We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort." - Jessie Owens

Week 5: March 3 - 9

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	6 x 80m (T) 2 minute recovery 6 x 30m starts Purpose – Aerobic capacity
	Distance	Sprint	4 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	1 x 400 (T) 4 min rest 2 x 300m (I) 3 min rest 2 x 200m (I) 2 min rest Purpose – Aerobic capacity/Speed endurance
	Distance	Aerobic Work	2 x 600m (T) 1 min rest 3 x 400m (T) 1 min rest 3 x 200m (I) 30 sec rest Purpose – Aerobic capacity
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	3 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form
Saturday	March 8 - Meet #1 Ventura @ Heritage Valley Blazers		

Quote of the week: "Whether you believe you can or believe you can't, you're probably right." - Henry Ford

Week 6: March 10 - 16

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	6 x 30m fly-ins (T) 90 sec rest 3 x 100 with walk back 2 x 200 5 minute recovery Purpose – Aerobic capacity
	Distance	Sprint	4.5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	150, 200, 250, 300 (T) 3-minute recovery between Purpose – Aerobic capacity/Speed endurance
	Distance	Aerobic Work	17 min Oregon Drill (80m E, 80m 3200 race pace, 80 closing speed) jog to start recovery Purpose – Aerobic capacity, teaching pace and team work
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	4 Mile (E), 4 x 150m in and outs (SD) Aerobic capacity, speed development, running economy/form
Saturday	March 15 - Meet #2 Thousand Oaks @ Ventura		

Quote of the week: "Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about." - PattiSue Plumer, U.S. Olympian

Mid Season

Week 7: March 17 - 23

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	7 x 200m (T) 90 seconds rest Purpose – Aerobic capacity
	Distance	Sprint	4.5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	4 x 250 (I), 4 min rest between Purpose – Speed endurance
	Distance	Aerobic Work	1 x 800m (T) 1 minutes rest 1 x 600m (T) 1 minutes rest 2 x 400m (I) 2 minutes rest 2 x 200m (I) 1 minute rest Purpose – Aerobic capacity/Speed endurance
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	4 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form
Saturday	March 22 - Meet #3 Ventura @ United		

Quote of the week: "Don't dream of winning, prepare for it." Mo Farah

Week 8: March 24 - 30

Spring Break. No practice. We do host a meet this week.

Day	Group	Drills	Workout
Maintenance Monday	Sprint	N/A	
	Distance	N/A	
Warrior Wednesday	Sprint	N/A	
	Distance	N/A	
T.N.T. Thursday	Sprint	N/A	
	Distance	N/A	
Saturday	March 29 - Meet #4 Simi Valley @ Ventura		

Week 9: March 31 - April 6

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	4 x 80 (T) 90 second rest 3 x 150 (T) 3 minute rest Purpose – Aerobic capacity
	Distance	Sprint	5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	100, 200, 300, 100 (I) 3 min rest between Purpose – Speed endurance
	Distance	Aerobic Work	4 x 400 (T) 90 seconds rest 4 x 200 (I) 2 minute rest Purpose – Aerobic capacity/Speed endurance
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	4 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form
Saturday	April 5 - Meet #5 Ventura @ Moorpark		

Quote of the week: "Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'" - Peter Maher, Canadian marathon runner

Week 10: April 7 - 13

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	7 x 200m (T) 90 seconds rest Purpose – Aerobic capacity
	Distance	Sprint	5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	2 x [350m (I) 1 min rest, 100m (I)] Complete rest between each set Purpose – Speed endurance
	Distance	Aerobic Work	1 x 400m (I) 90 seconds rest 1 x 800m (I) 3 minutes rest 1 x 1000m (I) 4 minutes rest 1 x 800m (I) 3 minutes rest 1 x 200m (I) Purpose – Speed endurance
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	4 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form
Saturday	April 12 - Meet #6 Oxnard @ Ventura		

Quote of the week: "Success is the sum of small efforts, repeated day in and day out." - Robert Collier, Author

Week 11: April 14 - 20

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	8 x 20m starts 5 x 50m 5 x 40m Purpose – Speed endurance
	Distance	Sprint	5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	4 x 30m flyins 100, 200, 300 (4 min recovery) Complete rest Purpose – Speed endurance
	Distance	Aerobic Work	22 min Oregon Drill (80m E, 80m 3200 race pace, 80 closing speed) jog to start recovery Purpose – Aerobic capacity, teaching pace, team work
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	4 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form
Saturday	VCYTC Easter Bye Week		

Quote of the week: "It's supposed to be hard. If it wasn't hard, everyone would do it. The hard... is what makes it great!" - Tom Hanks, A League of Their Own

Championship Season

Week 12: April 21 - 27

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	2 x 80m, 2 x 150, 2 x 250 (I) I minute rest Purpose – Speed endurance
	Distance	Sprint	5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	3 x [350m (I) 1 minute rest, 100m (I)] Complete rest between each set Purpose – Speed endurance
	Distance	Aerobic Work	3 x 400m (I) 2 minutes rest 1 x 300m (I) 90 seconds rest 2 x 200m (I) 1 minute rest Purpose – Speed endurance
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	4 Mile (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form
Saturday	April 26 - Meet #7 Ventura @ Newbury Park		

Quote of the week: "I'm going to work so that it's a pure guts race at the end, and if it is, I am the only one who can win it."
- Steve Prefontaine

Week 13: April 28 - May 4

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	8 x 75m (I) I minute rest Purpose – Speed endurance
	Distance	Sprint	4 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	2 x 450 (I) Complete rest Purpose – Speed endurance
	Distance	Aerobic Work	2 x 800m 5 minutes rest 1st at 10 seconds over PR pace 2nd at best effort Purpose – Speed endurance, race simulation
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	3 Mile (E), 4 x 50m hill sprints (SD) Purpose - Aerobic capacity, speed development, running economy/form
Saturday	May 3 - JV West @ Ventura		

Quote of the Week: "Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you better be moving." - Maurice Greene, US Sprinter

Week 14: May 5 - 11

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	8 x 75m (I) I minute rest Purpose – Speed endurance
	Distance	Sprint	2.5 Miles (E) 4 x 400 (T) 1 minute rest Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	2 x 250 (I) complete rest Purpose – Speed endurance
	Distance	Aerobic Work	12 min Oregon Drill (80m E, 80m 3200 race pace, 80 closing speed) jog to start recovery Purpose – Aerobic capacity, teaching pace, teamwork
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	2 Miles (E) 4 x 100m strides Purpose - Aerobic capacity, speed development, running economy/form
Saturday	May 10 - Varsity @ Newbury Park		

Quote of the week: "The will to win means nothing without the will to prepare." - Juma Ikangaa, 1989 NYC Marathon winner