



Training Plan - 8U

2025

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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 [Teach Track Awareness]

Day	Group	Drills	Workout	Strength
Tough Tuesday	Sprint	Aerobic Work	2 X 300M (T) 4-minute rest in between (to keep them engaged, they should walk across the field so they do not get in the habit of walking on the track) Purpose – Aerobic capacity, teach (T) pace	crab walks bear crawls frog jumps duck walk
	Distance	Aerobic Work	1 Miles (E), 1-2 x 100m stride Purpose – Aerobic capacity, running economy/form	reverse crab walk
T.N.T. Thursday	Sprint	Aerobic Work Speed Ladder + Laying starts	1x800m (easy pace) with 4x50m sprints (full rest) Purpose – Speed development, running economy/form	double leg hops single leg hops challenge - donkey
	Distance	Speed Ladder	1 mile (easy pace) with 50m striders Aerobic capacity, speed development, running economy/form	kicks & balance
Saturday	Sprint	N/A	5 Minutes (E) cross country run on your own 4 x 100m strides Purpose – Aerobic capacity	
	Distance	N/A	1.5 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	Strength
Tough Tuesday *Long Jump	Sprint	Aerobic Work	2 x 400 (T), 2 min rest between Purpose – Aerobic capacity, teach (T) pace	crab walks bear crawls frog jumps duck walk reverse crab walk double leg hops single leg hops challenge - donkey kicks & balance
	Distance	Aerobic Work	7 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 *Relays	Sprint	Sprint Speed Ladder + Laying starts	800 Meters (E), 4 x 120m in and outs (SD) Purpose – Speed development, running economy/form	
	Distance	Speed Ladder	1.5 Mile (E), 4 x 50m sprints (SD) Purpose - Aerobic capacity, speed development, running economy/form	
Saturday	Sprint	N/A	5 Minutes (E) cross country run on your own 4 x 100m strides Purpose – Aerobic capacity	
	Distance	N/A	2 Miles (E) on your own Purpose – Aerobic capacity	

Quote of the week: “The miracle isn't that I finished. The miracle is that I had the courage to start.” - John Bingham, running speaker and writer

Week 3: February 17 - 23

Day	Group	Drills	Workout	Strength
Tough Tuesday *Long Jump	Sprint	Aerobic Work	2x400 (T) 90 sec rest, 2x200 (T) 60 sec rest, discuss form Purpose – Aerobic capacity, teach (T) pace	crab walks bear crawls frog jumps duck walk reverse crab walk double leg hops single leg hops challenge - donkey kicks & balance
	Distance	Aerobic Work	600 (T) 2 min rest, 3-4x400 (T) 60 sec rest Purpose – Aerobic capacity	
T.N.T. Thursday *Relay	Sprint	Sprint Speed Ladder + Laying starts	800 Meters (faster on the straights and slower on the curves), 4 x 150m in and outs (SD), discuss form Purpose – Speed development, running economy/form	
	Distance	Speed Ladder	1 mile (faster on the straights and slower on the curves), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form	
Saturday	Sprint	N/A	5 Minutes (E) cross country run on your own 4x 100m strides Purpose – Aerobic capacity	
	Distance	N/A	2 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	Strength
Tough Tuesday * Long Jump	Sprint	Aerobic Work	3X200 (T) 30 second rest 2X100 (I) 1 minute rest Practice starts (20 m) at a time - go over which foot, explosive, starts, form Purpose – Aerobic capacity/Speed endurance	crab walks bear crawls frog jumps duck walk reverse crab walk double leg hops single leg hops challenge - donkey kicks & balance
	Distance	Aerobic Work	10 minute Oregon drill Purpose – Aerobic capacity	
T.N.T. Thursday *Relays	Sprint	Sprint Speed Ladder + Laying starts	800 (E), 4 x 150m in and outs (SD) Line drill relays Purpose – Speed development, running economy/form	
	Distance	Speed Ladder	12 minutes (faster on the straights and slower on the curves), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form	
Saturday	Austin Gambill Memorial Track Meet @ Ventura			

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	Strength
Tough Tuesday * Long Jump	Sprint	Aerobic Work	4 x 200 (T) 2 min rest 2 x 100m (I) 2 min rest Purpose – Aerobic capacity/Speed endurance	crab walks bear crawls frog jumps duck walk reverse crab walk double leg hops single leg hops challenge - donkey kicks & balance
	Distance	Aerobic Work	1 x 600m (T) 1 min rest 1 x 400m (T) 1 min rest 1 x 300m (T) 1 min rest 2 x 200m (I) 30 sec rest Purpose – Aerobic capacity	
T.N.T. Thursday * Relays	Sprint	Sprint Speed Ladder + Laying starts	800m (E), 4 x 150m in and outs (SD) Purpose – Speed development, running economy/form	
	Distance	Speed Ladder	1200 (E), 4 x 150m in and outs (SD) Purpose - Aerobic capacity, speed development, running economy/form	
Saturday	March 8 - Meet #1 Tigres @ 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	Strength
Tough Tuesday * Long Jump	Sprint	Aerobic Work	4X200 (l) 3 minute rest 40 meter fly ins Practice starts (20 m) at a time - if time permits Purpose – Aerobic capacity/Speed endurance	crab walks bear crawls frog jumps duck walk reverse crab walk double leg hops single leg hops challenge - donkey kicks & balance
	Distance	Aerobic Work	1X1000 (l) 1 minute rest 1X400 (l) 1 minute rest Practice starts (20 m) at a time - if time permits Purpose – Aerobic capacity, teaching pace and teamwork	
T.N.T. Thursday *Relays	Sprint	Sprint Speed Ladder + Laying starts	2X400 (l) 3 minute rest 2X200 (l) 2 minute rest 2X100 (l) 1 minute rest 2X50 (l) 1 minute rest Purpose – Speed development, running economy/form	
	Distance	Speed Ladder	14 minutes 4 x 150 in and outs 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	Strength
Tough Tuesday * Long Jump	Sprint	Aerobic Work	Power skips, wall drills, ankle pops, knee to chest jumps 5X30 meter fly ins 3X100 (l) 3-4 minute rest (full recovery) Practice starts (20 m) at a time - if time permits Purpose – Aerobic capacity/Speed endurance	crab walks bear crawls frog jumps
	Distance	Aerobic Work	3X400 (l) 1 minute rest 2X200 (l) 1 minute rest Practice starts (20 m) at a time - if time permits Purpose – Aerobic capacity/Speed endurance	duck walk reverse crab walk double leg hops single leg hops
T.N.T. Thursday *Relays	Sprint	Sprint Speed Ladder + Laying starts	2X300 (l) 3 minute rest 2X100 (l) 2 minute rest 2X50 (l) 1 minute rest Purpose – Speed development, running economy/form	challenge - donkey kicks & balance
	Distance	Speed Ladder	5 minute warm up, 5 minute focused run (slightly faster than race pace), 5 minute cool down run 4 x 150 in and outs 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	Strength
Tough Tuesday * Long Jump	Sprint	Aerobic Work	Power skips, wall drills, ankle pops, knee to chest jumps 6X30 meter fly ins 4X60 meter sprints with walk back (2 min) 2X150 (I) 3-4 minute rest (full recovery) Purpose – Speed endurance	crab walks bear crawls frog jumps duck walk
	Distance	Aerobic Work	1X200 (I) 90 sec rest 1X400 (I) 2 min rest 1X600 (I) 3 min rest 1X400 (I) 2 min rest 1X200 (I) Purpose – Aerobic capacity/Speed endurance	reverse crab walk double leg hops single leg hops challenge - donkey kicks & balance
T.N.T. Thursday *Relays	Sprint	Sprint Speed Ladder + Laying starts	2X300 (I) 3 minute rest 2X100 (I) 2 minute rest 2X50 (I) 1 minute rest Purpose – Speed development, running economy/form	
	Distance	Speed Ladder	5 minute warm up, 6 minute focused run (slightly faster than race pace), 5 minute cool down run 4 x 150 in and outs 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	Strength
Tough Tuesday * Long Jump	Sprint	Aerobic Work	Power drills 8X20 meter starts (focus on form & acceleration) 6X150 meter with 60 meter pick ups, walk back on grass with hands over head Complete rest between each set Purpose – Speed endurance	crab walks bear crawls frog jumps duck walk reverse crab walk
	Distance	Aerobic Work	2 sets 4X100 meter sprints with a 1 minute recovery 2 lap cool down Purpose – Speed endurance	double leg hops single leg hops challenge - donkey kicks &
T.N.T. Thursday * Relays	Sprint	Sprint Speed Ladder + Laying starts	2X300 (l) 3 minute rest 2X100 (l) 2 minute rest 2X50 (l) 1 minute rest Purpose – Speed development, running economy/form	balance
	Distance	Speed Ladder	5 minute warm up, 6 minute focused run (slightly faster than race pace), 5 minute cool down run 4 x 150 in and outs 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	Strength
Tough Tuesday * Long Jump	Sprint	Aerobic Work 1 50 meter pick up and 4 short 25 meter sprints (this is to make sure they are really warm since there is a lot of focus on their speed this week)	Power drills 100s, 1 minute rest, sprint 50 Rest 3 minutes Repeat 3-4 times 8X20 meter starts (focus on form & acceleration) Complete rest Purpose – Speed endurance	crab walks bear crawls frog jumps duck walk reverse crab walk double leg hops single leg hops challenge - donkey kicks & balance
	Distance	Aerobic Work	1 X 400 meter (3 min rest) 2 x 300 meter (90 seconds) 2 x 200 meter (1 min rest) Purpose – Aerobic capacity, teaching pace, team work	
T.N.T. Thursday * Relays	Sprint	Sprint Speed Ladder + Laying starts	70 meter partner races (6) Purpose – Speed development, running economy/form	
	Distance	Speed Ladder	3 x 300 (3 minute rest) 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 in A League of Their Own

Championship Season

Week 12: April 21 - 27

Day	Group	Drills	Workout	Strength
Tough Tuesday * Long Jump	Sprint	Aerobic Work	Power drills 8X20 meter starts (focus on form & acceleration) 3x200 Complete rest Purpose – Speed endurance	crab walks bear crawls frog jumps duck walk reverse crab walk double leg hops single leg hops challenge - donkey kicks & balance
	Distance	Aerobic Work	2x800m (5 minute rest) 1st at 10 sec above PR 2nd at best effort Purpose – Speed endurance	
T.N.T. Thursday * Relays	Sprint	Sprint Speed Ladder + Laying starts	FUN PRACTICE 70 meter partner races (6) Purpose – Speed endurance	
	Distance	Speed Ladder	FUN PRACTICE 3 x 300 (3 minute rest) 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	Strength
Tough Tuesday * Long Jump	Sprint	Aerobic Work	7 x 75 (I) Complete rest Purpose – Speed endurance	crab walks bear crawls frog jumps
	Distance	Aerobic Work	4 x 200m 5 minutes rest 1 st at 10 seconds over PR pace 2 nd at best effort Purpose – Speed endurance, race simulation	duck walk reverse crab walk double leg hops
T.N.T. Thursday * Relays	Sprint	Speed Ladder + Laying starts	5 x 75m (I) 1 minute rest Purpose – Speed endurance	single leg hops challenge - donkey kicks & balance
	Distance	Speed Ladder	1.5 Mile (E), 4 x 50m 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	Strength	
Tough Tuesday	Sprint	Aerobic Work	6 x 75 (l) complete rest Purpose – Speed endurance		
	Distance	Aerobic Work	4 x 200m 5 minutes rest 1 st at 10 seconds over PR pace 2 nd at best effort Purpose – Speed endurance, race simulation		
T.N.T. Thursday	Sprint	Sprint Speed Ladder + Laying starts	5 x 75m (l) 1 minute rest Purpose – Speed endurance		
	Distance	Speed Ladder	1 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