



Training Plan - Y & I

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

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	3x3 minute runs with 1-minute walk between (Medium pace) 4 x 100m strides (on grass) Purpose – Aerobic capacity
	Distance	Aerobic	Camino with an optional loop (E), 4 x 100m strides Purpose – Aerobic capacity, running economy/form
T.N.T. Thursday	Sprint	N/A	No Specialty practices in Week #1
	Distance	N/A	No Specialty practices in Week #1
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: “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	6 x 30m fly-ins 6 x 60m (focus on starts) 2 x 100m (on turf - preferably with no shoes) footwork on track after workout Purpose – Aerobic capacity
	Distance	Sprint	4 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	2 x 800 (T), 3 min rest between Purpose – Aerobic capacity, teach (T) pace
	Distance	Aerobic Work	1600(T) 2 min rest, 4 x 400 (T) 60 sec rest Purpose – Aerobic capacity
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Relays, Starts recommended.
	Distance	N/A	4 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	5 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	No practice (VUSD Holiday) Arroyo Verde optional: warm up, drills, 10 x 10sec hill sprints, 20 sec rest
	Distance	Sprint	No practice (VUSD Holiday) Arroyo Verde optional: warm up, drills, 20-25 trail run, 20 sec rest
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	4 x 200(T) 3-minute rest 1 x 400m(T) 4-minute rest 1 x in and out 400M (T) Purpose – Aerobic capacity, teach (T) pace
	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, Starts recommended.
	Distance	N/A	4 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	5 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 60m (focus on starts) 2 x 100m (on turf - preferably with no shoes) footwork on track after workout Purpose – Aerobic capacity
	Distance	Sprint	4 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	2 x 150m(T) 3 min rest 1 x 250m (I) 3 min rest 1x 350m (I) 3 min rest Purpose – Aerobic capacity/Speed endurance
	Distance	Aerobic Work	1 x 1200m (T) 1 min rest 1 x 800m (T) 1 min rest 1 x 600m (T) 1 min rest 1 x 400m (T) 1 min rest 1 x 100m (T) 1 min 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 30m starts 3 x 100m (these will be timed freelap) 4 x 100 practice for those interested/plyos for others Purpose – Aerobic capacity
	Distance	Sprint	4.5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	5 x 40m fly-ins on the corner 3 x 180m (T) 4 minute rest Purpose – Aerobic capacity/Speed endurance
	Distance	Aerobic Work	1 x 1200m (T) 1 min rest 1 x 1000m (T) 1 min rest 1 x 600m (T) 1 min rest 1 x 200m (T) 1 min 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	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	5 x 200m (T) 3 minute rest 2 x 60m (T) walk back rest Stations (boxes, bands, etc) Purpose – Aerobic capacity
	Distance	Sprint	5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	2 x 300 (T) 4 min rest between 3 x 150m (I) 2 minute rest 4x100 practice OR footwork Purpose – Aerobic capacity/Speed endurance
	Distance	Aerobic Work	20 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	5 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	4 x 80m (T) 2 x 120m (T) 2 x 180m (T) Purpose – Aerobic capacity
	Distance	Sprint	5.5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	2 x [300 (I), 1 min rest, 100 (I) 5 minute rest] 1 x 100m 4 x 50m on turf without shoes Purpose – Speed endurance
	Distance	Aerobic Work	4 x 400m (T) 4 x 200m (T) 4 x 50m on turf without shoes 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	5 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.

In order for kids to keep up their conditioning for the week, here are the suggested workouts:

Distance

3 workouts next week; get some **hill work** in if possible.

3-minute jog to warm up

Dynamics

25-35 minute run

Strength and Core

Sprints

3 running workouts; run sprints **uphill** if possible.

3-minute jog to warm up

Dynamics

5 x 15-second full sprints (2-minute rest between each)

2 x 30-second full sprint (2-minute rest between each)

Strength and Core

March 29 - Meet #4 Simi Valley @ Ventura

Week 9: March 31 - April 6

Day	Group	Drills	Workout
Maintenance Monday	Sprint	Sprint + Hurdle Mobility	6 x 40m fly-ins 4 x 80m (I) 2 x 120m (I) Purpose – Aerobic capacity
	Distance	Sprint	5.5 Miles (E) Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	4 x 200 (I) 3 min rest between 2 x 100m (I) Purpose – Speed endurance
	Distance	Aerobic Work	3 x 800 (T) 2 min rest 4 x 200 (I) 1 minute rest (timed) 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	5 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	2 x 200m (I) 1 minute rest 1 x 400m (I) 3 minute rest 2 x 100m (I) Purpose – Speed endurance
	Distance	Sprint	1 x 400m (I) 90 seconds rest 1 x 800m (I) 3 minutes rest 1 x 1200m (I) 4 minutes rest 1 x 800m (I) 3 minutes rest 2 x 200m (I) 1 minute rest Purpose – Speed endurance
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	No Practice due to Buena Home Meet
	Distance	Aerobic Work	No Practice due to Buena Home Meet
T.N.T. Thursday	Sprint	N/A	No structured team running workout. Attend Speed Development and/or Plyos, Starts recommended.
	Distance	N/A	5 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	Power before the workout 5 x 30m starts 2 x 180m (l) 3 minutes rest 2 x 150m (l) 2 minutes rest 2 x 80m (l) 2 minutes rest Purpose – Speed endurance
	Distance	Sprint	Arroyo - 800m race pace repeats x 4, jog back Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	8 x 100m (15 second maximum goal, 1 minute rest) coaches on each corner to start the next section Purpose – Speed endurance
	Distance	Aerobic Work	25 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	5 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	6 x 40m fly-ins 1 x 150m (I) 1 x 80m (I) 2 x 40m (I) Purpose – Speed endurance
	Distance	Sprint	1 x 1200m 3 min rest 1 x 800m 3 min rest 1 x 400m 3 min rest 2 x 100m Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	Shuttle Relays “Fun” Practice Purpose – Speed endurance
	Distance	Aerobic Work	Shuttle Relays “Fun” Practice 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	5 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	Individualized Workout Plan
	Distance	Sprint	Individualized Workout Plan
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	Individualized Workout Plan
	Distance	Aerobic Work	Individualized Workout Plan
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 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	10 x 75m (I) 1 minute rest Purpose – Speed endurance
	Distance	Sprint	3 Miles (E) 4 x 400 (T) 1 minute rest Purpose – Aerobic capacity
Warrior Wednesday	Sprint	Aerobic Work Speed Ladder + Laying starts	2 x 300 (I) complete rest Purpose – Speed endurance
	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, 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