

Schedule (relaxed practice – nothing too strenuous, athlete will maintain peak performance for 1-2 days after this practice. Rest is encouraged, carbohydrate/protein ratio should be 70/30% until the day of competition.)

2 laps (EASY) warm-up, stretch		(10 mins)
Circuit training on-track. <ul style="list-style-type: none"> ▪ 30 lunges ▪ 40 crunches ▪ 100m run ▪ jumping jacks ▪ jump ropes ▪ stick drills / hill running 	1 minute per activity 30s rest between stations 2-3 minute rest between circuits	(20 mins)
Bounding drills : Hurdles set up at erratic intervals; runners' stride technique will improve. (these will probably be unavailable – if so, 10 minutes of continuous stair running should suffice. The rest should be either a continuous fartlek* run or a discussion of proper form/technique for particular events.)		(20 mins)
Relay practice		remainder

* Fartlek runs are continuous aerobic/anaerobic exercises similar in effect to interval training. The body recovers while still exercising, building stamina and muscular endurance while shortening the period of time where the athlete 'hits a wall'. Pylons are set around the track at erratic intervals; the runner alternates between sprinting and jogging from one marker to the next continuously.

This practice is more geared towards track events, with less emphasis on field training. Shot putters/jumpers should consider following a different agenda after their circuit training is complete. There should be a focus on technique for these events.

Equipment needed: jump ropes, 10 pylons, 3-4 batons, hurdles (if available).