

SYC Track & Field Weekly Workout Plan – Distance (7th – 8th grade)

	WARMUP	WORKOUT	SUPP. ACTIVITY	COOL DOWN
MONDAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY
TUESDAY	<ul style="list-style-type: none"> General Team Warmups 10 Minute Slow Jog 	Endurance (Pick One) <ul style="list-style-type: none"> Run, bike, or swim for 30+ minutes 30-minute fartlek: 8 minutes slow, 2 minutes fast (x3) (See Definitions) 	Pick Two: <ul style="list-style-type: none"> 30 jumping jacks 20 squat jumps 20 broad jumps 	<ul style="list-style-type: none"> 5 Minute Slow Jog Stretching Routine
WEDNESDAY	<ul style="list-style-type: none"> General Team Warmups 20 Minute Slow Jog 	Speed <ul style="list-style-type: none"> 5 striders on a field. 	Pick Two: <ul style="list-style-type: none"> 30 pushups 1-minute plank 40 Flutter Kicks 	<ul style="list-style-type: none"> 10 Minute Slow Jog Stretching Routine
THURSDAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY	REST OR ACTIVE PLAY
FRIDAY	<ul style="list-style-type: none"> General Team Warmups 10 Minute Slow Jog 	Endurance (Pick One) <ul style="list-style-type: none"> Run, bike, or swim for 40+ minutes On a track: 400m/800m/1200m at 5K pace with 2 minutes rest. 	Pick Two: <ul style="list-style-type: none"> 15 burpees 20 box jumps 3-minute wall sit 	<ul style="list-style-type: none"> 10 Minute Slow Jog Stretching Routine
SATURDAY	Enjoy the weekend!	Enjoy the weekend!	Enjoy the weekend!	Enjoy the weekend!
SUNDAY	PRACTICE	PRACTICE	PRACTICE	PRACTICE

Definitions:

- **Active Play:** Any active activity (longer than 30 minutes) that is not specifically running-related, and which is enjoyable for the athlete. Examples include tag, basketball, hide and seek, soccer (for fun, not practice), jump rope, etc.
- **Rest:** Athletes must have appropriate rest days to ensure adequate recovery. Rest days should not include any strenuous activities. Rest days may include easy activities such as yoga, stretching, walking, etc.
- **Fartlek:** Please see [this article](#).

Athletes should always be hydrated and well-rested before engaging in exercise.