

Waza TC Conditioning Table

Off - Day Training

Off -Day A day with no meet, game, or scheduled practice

Mid - Distance

Easy Day

Warm-up

Stretches Head - to - feet

Running Drills 3x high knees, 3x butt kicks, 2x flicks, 2x extensions, 3x excels

1 2 - 4 miles easy to moderate pace
1 lap cool down, cool down stretch

or

2 3x 800m - full recovery - moderate pace
1 lap cool down, cool down stretch

Hard Day

Warm-up

Stretches Head - to - feet

Running Drills 3x high knees, 3x butt kicks, 2x flicks, 2x extensions, 3x excels

1 1600m hard recover, 800m hard recover, 400m hard recover, 300m hard
1 lap cool down, cool down stretch

or

2 6x 600m hard with recovery, 2x 200m hard with recovery (note do 8 total, can be a mix of 4 and 4, or what you feel like)
1 lap cool down, cool down stretch

or

3 6x 400m hard with recovery
1 lap cool down, cool down stretch