

Waza TC Conditioning Table

Off - Day Training

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

Sprinters

Easy Day

Warm-up 1 lap
Stretches Head - to - feet
Running Drills 3x high knees, 3x butt kicks, 2x flicks, 2x extensions, 3x excels

1 4x - jog, stride, sprint, walk (100m each) Vary so that some days sprint is on the straight-away, some days on the curve
1 lap cool down, cool down stretch

or

2 Alternate Push-ups - Sit-ups - 10,9,8,...1
2x - 200m - Moderate pace, 2x 150m 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 4x 300m 80% full recovery, 4x 150m 90% full recovery
1 lap cool down, cool down stretch

or

2 6x 200m 90% full recovery, 2x 100m 90% full 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