



Conditioning for Track and Field | Track Workouts For Sprinters, Mid-Distance, and Distance Athletes

Transcripts

Want to see you or your athletes get faster, stronger, and race-ready? You've come to the right place. I'm going to give you some conditioning workouts for track and field that have developed hundreds of state champions and finalists. It helped them and it will help you too!

Conditioning isn't one-size-fits-all in track and field. The workouts that help a sprinter explode off the blocks aren't the same as those that build the endurance of a distance runner. Each event has its own conditioning needs, and training specifically for those needs can make a big difference in performance and help prevent burnout and injuries.

AND you won't be doing the same thing pre season, Early Season, Mid-Season, Late Season, etc. There's a progression that needs to occur so they reach peak performance when it matters most. Let's break it all down.

Before I show you..., I need to emphasize that these are plans for in-season, and it assumes you are already in shape. If you're not already in shape, you'll need to get in shape first. To help with that, I've created a 4-week pre-season plan which takes you from out-of-shape to in-shape, so you're ready for these workouts. If you'd like to get a free copy of that, I left a link in the description below."

I'm going to break down the workouts by groups. I actually give different workouts every week of the season, and they progress throughout the season to take the athletes from endurance, to speed endurance to speed. I'm going to give you samples of an early season week, a mid season week and a late season week, so you can get an idea of how they need to be different.

I'm going to throw a lot at you, but don't worry. so you won't have to take notes. I'll leave a link for a free transcript of this video in the notes for you so you can have a copy of these workouts.

100-200m Sprinters - Week 1

Day 1: Monday

- **Group Warm-Up:**
 - Dynamic stretches, mobility exercises, light jogging.
 - **3 x 50m sprints** at 50%, 70%, and 90%+.

- [Here is a link to My Warm Up](#)
- **Specialty Coaching:** Hurdlers and jumpers train for 30-45 minutes in their specialty areas, then join the conditioning workout.
- **Conditioning:**
 - **Workout:** 12 x 200m @ estimated 800m race pace.
 - **Recovery:** Shortest rest reasonably possible, as the goal is to increase endurance.
- **Core Training & Stretching:** 15-20 minutes of core exercises (e.g., planks, Russian twists, leg raises), followed by static stretching.

Day 2: Tuesday

- **Strength and Power Training:**
 - Weight room session focusing on squats, lunges, plyometrics, and upper body strength.

Day 3: Wednesday

- **Group Warm-Up:**
 - Dynamic stretches, mobility exercises, light jogging.
 - **3 x 50m sprints** at 50%, 70%, and 90%+.
 - [Here is a link to My Warm Up](#)
- **Specialty Coaching:** Hurdlers and jumpers train for 30-45 minutes in their specialty areas, then join the conditioning workout.
- **Conditioning:**
 - **Workout:** 14 x 30m @ 80% of top speed with a rolling start.
 - **Recovery:** Slow walk back for long recovery. Should feel fresh each rep as the goal is to increase speed. It's important to not perform these intervals when you are fatigued.
- **Core Training & Stretching:** 15-20 minutes of core exercises (e.g., planks, Russian twists, leg raises), followed by static stretching.

Day 4: Tuesday

- **Strength and Power Training:**
 - Weight room session focusing on squats, lunges, plyometrics, and upper body strength.

Day 5: Friday

- **Group Warm-Up:**
 - Dynamic stretches, mobility exercises, light jogging.
 - **3 x 50m sprints** at 50%, 70%, and 90%+.
 - [Here is a link to My Warm Up](#)

- **Specialty Coaching:** Hurdlers and jumpers train for 30-45 minutes in their specialty areas, then join the conditioning workout.
- **Conditioning:**
 - **Workout:** 11 x 150m @ estimated 400m race pace.
 - **Recovery:** 1-2 min recovery between each. Reps should feel easy for the first half and then become more challenging as the athlete fatigues.
- **Core Training & Stretching:** 15-20 minutes of core exercises (e.g., planks, Russian twists, leg raises), followed by static stretching.

100-200m Sprinters - Week 2

Day 1: Monday

- **Group Warm-Up:**
 - Dynamic stretches, mobility exercises, light jogging.
 - **3 x 50m sprints** at 50%, 70%, and 90%+.
 - [Here is a link to My Warm Up](#)
- **Specialty Coaching:** Hurdlers and jumpers train for 30-45 minutes in their specialty areas, then join the conditioning workout.
- **Conditioning:**
 - **Workout:** 12 x 50m @ 80% of top speed with a rolling start.
 - **Recovery:** Slow walk back for long recovery. Should feel fresh each rep as the goal is to increase speed. It's important to not perform these intervals when you are fatigued.
- **Core Training & Stretching:** 15-20 minutes of core exercises (e.g., planks, Russian twists, leg raises), followed by static stretching.

Day 2: Tuesday

- **Strength and Power Training:**
 - Weight room session focusing on squats, lunges, plyometrics, and upper body strength.

Day 3: Wednesday

- **Group Warm-Up:**
 - Dynamic stretches, mobility exercises, light jogging.
 - **3 x 50m sprints** at 50%, 70%, and 90%+.
 - [Here is a link to My Warm Up](#)
- **Specialty Coaching:** Hurdlers and jumpers train for 30-45 minutes in their specialty areas, then join the conditioning workout.
- **Conditioning:**
 - **Workout:** 10 x 100m @ 80% of top speed.

- **Recovery:** Walk back for recovery, or this could be a run the straights and walk the curves workout, or vice versa.
- **Core Training & Stretching:** 15-20 minutes of core exercises (e.g., planks, Russian twists, leg raises), followed by static stretching.

Day 4: Thursday

- **Strength and Power Training:**
 - Weight room session focusing on squats, deadlifts, explosive plyometrics, and upper body strength.

Day 5: Friday

- **Group Warm-Up:**
 - Dynamic stretches, mobility exercises, light jogging.
 - **3 x 50m sprints** at 50%, 70%, and 90%+.
 - [Here is a link to My Warm Up](#)
 - **Specialty Coaching:** Hurdlers and jumpers train for 30-45 minutes in their specialty areas, then join the conditioning workout.
 - **Conditioning:**
 - **Workout:** Race or Time Trial.
 - **Core Training & Stretching:** 15-20 minutes of core exercises (e.g., planks, Russian twists, leg raises), followed by static stretching.
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100-200m Sprinters - Week 1

Day 1: Monday

- **Group Warm-Up:**
 - Dynamic stretches, mobility exercises, light jogging.
 - **3 x 50m sprints** at 50%, 70%, and 90%+.
 - [Here is a link to My Warm Up](#)
- **Specialty Coaching:** Hurdlers and jumpers train for 30-45 minutes in their specialty areas, then join the conditioning workout.
- **Conditioning:**
 - **Workout:** 12 x 200m @ estimated 800m race pace.
 - **Recovery:** Shortest rest reasonably possible, as the goal is to increase endurance.
- **Core Training & Stretching:** 15-20 minutes of core exercises (e.g., planks, Russian twists, leg raises), followed by static stretching.

Day 2: Tuesday

- **Strength and Power Training:**

- Weight room session focusing on squats, lunges, plyometrics, and upper body strength.

Day 3: Wednesday

- **Group Warm-Up:**
 - Dynamic stretches, mobility exercises, light jogging.
 - **3 x 50m sprints** at 50%, 70%, and 90%+.
 - [Here is a link to My Warm Up](#)
- **Specialty Coaching:** Hurdlers and jumpers train for 30-45 minutes in their specialty areas, then join the conditioning workout.
- **Conditioning:**
 - **Workout:** 14 x 30m @ 80% of top speed with a rolling start.
 - **Recovery:** Slow walk back for long recovery. Should feel fresh each rep as the goal is to increase speed. It's important to not perform these intervals when you are fatigued.
- **Core Training & Stretching:** 15-20 minutes of core exercises (e.g., planks, Russian twists, leg raises), followed by static stretching.

Day 4: Thursday

- **Strength and Power Training:**
 - Weight room session focusing on squats, deadlifts, explosive plyometrics, and upper body strength.

Day 5: Friday

- **Group Warm-Up:**
 - Dynamic stretches, mobility exercises, light jogging.
 - **3 x 50m sprints** at 50%, 70%, and 90%+.
 - [Here is a link to My Warm Up](#)
- **Specialty Coaching:** Hurdlers and jumpers train for 30-45 minutes in their specialty areas, then join the conditioning workout.
- **Conditioning:**
 - **Workout:** 11 x 150m @ estimated 400m race pace.
 - **Recovery:** 1-2 min recovery between each. Reps should feel easy for the first half and then become more challenging as the athlete fatigues.
- **Core Training & Stretching:** 15-20 minutes of core exercises (e.g., planks, Russian twists, leg raises), followed by static stretching.

100-200m Sprinters - Week 5 Conditioning

Day 1: Monday

- **Workout:** 210m-180m-150m-120m-90m-60m-30m-60m-90m-120m-150m-180m-210m @ estimated 400m pace.
- **Recovery:** Rest 3X the time of the interval.

Day 3: Wednesday

- **Workout:** 100m-90m-80m-70m-60m-50m-40m-50m-60m-70m-80m-90m-100m @ 90% of top speed.
- **Recovery:** Rest 3X the time of the interval.

Day 5: Friday

- **Workout:** 140m-120m-100m-80m-60m-40m-20m-40m-60m-80m-100m-120m-140m @ 200m pace.
 - **Recovery:** Rest 3X the time of the interval.
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100-200m Sprinters - Week 10 Conditioning

Day 1: Monday

- **Workout:** 120m-105m-90m-75m-60m-45m-30m-15m @ 100m pace.
- **Recovery:** Rest 4X the time of the interval.

Day 3: Wednesday

- **Workout:** 50m-45m-40m-35m-30m-25m-20m-15m-10m-5m @ 25m pace.
- **Recovery:** Rest 3X the time of the interval.

Day 5: Friday

- **Workout:** Race or Time Trial.
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100-200m Sprinters - Week 9 Conditioning

Day 1: Monday

- **Workout:** 300m-270m-240m-210m-180m-150m-120m-90m-60m-30m @ 400m pace.
- **Recovery:** Rest 3X the time of the interval.

Day 3: Wednesday

- **Workout:** 180m-160m-140m-120m-100m-80m-60m-40m-20m @ 200m pace.

- **Recovery:** Rest 3X the time of the interval.

Day 5: Friday

- **Workout:** 50m-45m-40m-35m-30m-25m-20m-15m-10m-5m @ 25m pace.
 - **Recovery:** Rest 3X the time of the interval.
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200-400m Sprinters - Week 1 Conditioning

Day 1: Monday

- **Workout:** 12 x 200m @ estimated 800m race pace.
- **Recovery:** Shortest rest reasonably possible, as the goal is to increase endurance.

Day 3: Wednesday

- **Workout:** 14 x 30m @ 80% of top speed with a rolling start.
- **Recovery:** Slow walk back for long recovery. Should feel fresh each rep as the goal is to increase speed. It's important to not perform these intervals when you are fatigued.

Day 5: Friday

- **Workout:** 11 x 150m @ estimated 400m race pace.
 - **Recovery:** 1-2 min recovery between each. Reps should feel easy for the first half and then become more challenging as the athlete fatigues.
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200-400m Sprinters - Week 5 Conditioning

Day 1: Monday

- **Workout:**
350m-300m-250m-200m-150m-100m-50m-100m-150m-200m-250m-300m-350m @ estimated 800m pace.
- **Recovery:** Rest 3X the time of the interval.

Day 3: Wednesday

- **Workout:** 100m-90m-80m-70m-60m-50m-40m-50m-60m-70m-80m-90m-100m @ 90% of top speed.
- **Recovery:** Rest 3X the time of the interval.

Day 5: Friday

- **Workout:** 210m-180m-150m-120m-90m-60m-30m-60m-90m-120m-150m-180m-210m @ estimated 400m pace.
 - **Recovery:** Rest 3X the time of the interval.
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200-400m Sprinters - Week 9 Conditioning

Day 1: Monday

- **Workout:** 500m-450m-400m-350m-300m-250m-200m-150m-100m-50m @ 800m pace.
- **Recovery:** Rest 3X the time of the interval.

Day 3: Wednesday

- **Workout:** 300m-270m-240m-210m-180m-150m-120m-90m-60m-30m @ 400m pace.
- **Recovery:** Rest 3X the time of the interval.

Day 5: Friday

- **Workout:** 80m-70m-60m-50m-40m-30m-20m-10m @ 50m pace.
 - **Recovery:** Rest 3X the time of the interval.
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400-800m Runners - Week 1 Conditioning

Day 1: Monday

- **Workout:** 20-minute tempo run followed by 4 x 10 sec relaxed sprints.
- **Recovery:** Walk back for recovery after each sprint, or alternate with a “run the straights, walk the curves” workout.

Day 3: Wednesday

- **Workout:** 12 x 50m @ 80% of top speed with a rolling start.
- **Recovery:** Slow walk back for long recovery. Should feel fresh each rep as the goal is to increase speed. It's important to not perform these intervals when you are fatigued.

Day 5: Friday

- **Workout:** 14 x 200m @ estimated 800m race pace.
 - **Recovery:** Shortest rest reasonably possible, as the goal is to increase endurance.
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400-800m Runners - Week 5 Conditioning

Day 1: Monday

- **Workout:**
700m-600m-500m-400m-300m-200m-100m-200m-300m-400m-500m-600m-700m @ estimated 1600m pace.
- **Recovery:** Take the shortest possible rest.

Day 3: Wednesday

- **Workout:** 90m-75m-60m-45m-30m-15m-30m-45m-60m-75m-90m @ 100m pace.
- **Recovery:** Rest 4X the time of the interval.

Day 5: Friday

- **Workout:**
350m-300m-250m-200m-150m-100m-50m-100m-150m-200m-250m-300m-350m @ estimated 800m pace.
 - **Recovery:** Rest 3X the time of the interval.
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400-800m Runners - Week 9 Conditioning

Day 1: Monday

- **Workout:** 900m-800m-700m-600m-500m-400m-300m-200m-100m @ 1600m pace.
- **Recovery:** Take the shortest possible rest between repetitions.

Day 3: Wednesday

- **Workout:** 500m-450m-400m-350m-300m-250m-200m-150m-100m-50m @ 800m pace.
- **Recovery:** Rest 3X the time of the interval.

Day 5: Friday

- **Workout:** 120m-105m-90m-75m-60m-45m-30m-15m @ 100m pace.
 - **Recovery:** Rest 4X the time of the interval.
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1600-3200m Runners - Week 1 Conditioning

Day 1: Monday

- **Workout:** Longest day possible (LSD).

- **Goal:** Challenge yourself to run the longest distance you can at an easy pace.

Day 3: Wednesday

- **Workout:** 11 x 150m @ estimated 400m race pace.
- **Recovery:** 1-2 min recovery between each. Reps should feel easy for the first half and then become more challenging as the athlete fatigues.

Day 5: Friday

- **Workout:** 13 x 600m @ 2-mile race pace.
 - **Recovery:** 1 min recovery between each. Reps should feel easy for the first half and then become more challenging as the athlete fatigues.
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1600-3200m Runners - Week 5 Conditioning

Day 1: Monday

- **Workout:** Longest day possible (LSD).
- **Goal:** No more than 10% longer than the previous long-easy day; run at an easy pace.

Day 3: Wednesday

- **Workout:** 210m-180m-150m-120m-90m-60m-30m-60m-90m-120m-150m-180m-210m @ estimated 400m pace.
- **Recovery:** Rest 3X the time of the interval.

Day 5: Friday

- **Workout:** 700m-600m-500m-400m-300m-200m-100m-200m-300m-400m-500m-600m-700m @ estimated 1600m pace.
 - **Recovery:** Take the shortest possible rest.
-

1600-3200m Runners - Week 9 Conditioning

Day 1: Monday

- **Workout:** Longest day possible (LSD).
- **Goal:** No more than 10% longer than the previous long-easy day; run at an easy pace.

Day 3: Wednesday

- **Workout:** 300m-270m-240m-210m-180m-150m-120m-90m-60m-30m @ 400m pace.
- **Recovery:** Rest 3X the time of the interval.

Day 5: Friday

- **Workout:** 900m-800m-700m-600m-500m-400m-300m-200m-100m @ 1600m pace.
- **Recovery:** Take the shortest possible rest between repetitions.

1600-3200m Runners - Week 1

Day 1: Monday

- **Workout:** Longest day possible (LSD).
- **Goal:** Challenge yourself to run the longest distance you can at an easy pace.

Day 2: Tuesday (Recovery Run)

- **Workout:** 6-6-6 (6 mins easy, 6 mins tempo, 6 mins easy).
- **Recovery:** Minimal rest between transitions.

Day 3: Wednesday

- **Workout:** 11 x 150m @ estimated 400m race pace.
- **Recovery:** 1-2 min recovery between each. Reps should feel easy for the first half and then become more challenging as the athlete fatigues.

Day 4: Thursday (Recovery Run)

- **Workout:** 6-6-6 (6 mins easy, 6 mins tempo, 6 mins easy).
- **Recovery:** Minimal rest between transitions.

Day 5: Friday

- **Workout:** 13 x 600m @ 2-mile race pace.
- **Recovery:** 1 min recovery between each. Reps should feel easy for the first half and then become more challenging as the athlete fatigues.

1600-3200m Runners - Week 5

Day 1: Monday

- **Workout:** Longest day possible (LSD).
- **Goal:** No more than 10% longer than the previous long-easy day; run at an easy pace.

Day 2: Tuesday (Recovery Run)

- **Workout:** 6-6-6 (6 mins easy, 6 mins tempo, 6 mins easy).
- **Recovery:** Minimal rest between transitions.

Day 3: Wednesday

- **Workout:** 210m-180m-150m-120m-90m-60m-30m-60m-90m-120m-150m-180m-210m @ estimated 400m pace.
- **Recovery:** Rest 3X the time of the interval.

Day 4: Thursday (Recovery Run)

- **Workout:** 6-6-6 (6 mins easy, 6 mins tempo, 6 mins easy).
- **Recovery:** Minimal rest between transitions.

Day 5: Friday

- **Workout:**
700m-600m-500m-400m-300m-200m-100m-200m-300m-400m-500m-600m-700m @ estimated 1600m pace.
 - **Recovery:** Take the shortest possible rest.
-

1600-3200m Runners - Week 9

Day 1: Monday

- **Workout:** Longest day possible (LSD).
- **Goal:** No more than 10% longer than the previous long-easy day; run at an easy pace.

Day 2: Tuesday (Recovery Run)

- **Workout:** 6-6-6 (6 mins easy, 6 mins tempo, 6 mins easy).
- **Recovery:** Minimal rest between transitions.

Day 3: Wednesday

- **Workout:** 300m-270m-240m-210m-180m-150m-120m-90m-60m-30m @ 400m pace.
- **Recovery:** Rest 3X the time of the interval.

Day 4: Thursday (Recovery Run)

- **Workout:** 6-6-6 (6 mins easy, 6 mins tempo, 6 mins easy).
- **Recovery:** Minimal rest between transitions.

Day 5: Friday

- **Workout:** 900m-800m-700m-600m-500m-400m-300m-200m-100m @ 1600m pace.
- **Recovery:** Take the shortest possible rest between repetitions.