

Finger Lakes Fleet

December 2021

****Athletes who are participating in the IN PERSON WORKOUTS must RSVP via TeamSnap no later than 2 hours before the start of the session. If there is very little availability of athletes, sessions may need to be cancelled. This alert will be sent out no later than 1 hour before the start of the session.**

For outdoor sessions, we continue to require masks during times that athletes are not running and cannot maintain social distancing. We ask that all participants abide by current Tompkins County health guidelines regarding quarantine and testing. If you would not be allowed to attend school, you should not attend a Fleet practice/event.

For most of our athletes, training during this winter session will be "transitional" in nature, meaning that we will work to have fun while staying conditioned and healthy in preparation for spring track and field. **Group practices** will include running technique, strength and speed and suggestions are given for individual training during the other days of the week. Note the **highlighted events** listed; these are competition and/or skill building opportunities in which we encourage our runners to participate.

11/28-12/4	<ul style="list-style-type: none"> • Wednesday, 12/1, 3-4:30: Group practice at Myers Park. • Saturday, 12/4, 9am: YMCA Santa 5K & Elf Mile • Monday/Tuesday /Thursday/Friday: Easy run (20-45min), core, stretch, and barefoot drills after OR varsity indoor track practice • Sunday: OFF for grades 8 and under, option for a long steady run (45-75 min) for varsity veteran runners
12/5-12/11	<ul style="list-style-type: none"> • Wednesday, 12/8, 3-4:30: Group practice at Myers Park. • Monday: 5 min warmup and dynamics, 4-20 x 100m strides/100m jogs (stride straights, jog turns on track or equivalent), 5 min cooldown then core, stretch and barefoot drills after OR varsity indoor practice • Tuesday/Thursday/Friday/Saturday: Easy run (20-45min), core, stretch, and barefoot drills after OR varsity indoor track practice • Sunday: OFF for grades 8 and under, option for a long steady run (45-75 min) for varsity veteran runners
12/12-12/18	<ul style="list-style-type: none"> • Wednesday, 12/15, 3-4:30: Group practice at Myers Park. • Monday: 5 min warmup and dynamics, 4-12 x stopwatch fartlek (stride 15 seconds, jog 45 seconds), 5 min cooldown then core, stretch and barefoot drills after OR varsity indoor practice • Tuesday/Thursday/Friday/Saturday: Easy run (20-45min), core, stretch, and barefoot drills after OR varsity indoor track practice • Sunday: OFF for grades 8 and under, option for a long steady run (45-75 min) for varsity veteran runners
12/19-12/25	<ul style="list-style-type: none"> • Wednesday, 12/22, 3-4:30: Group practice at Myers Park. • Monday: 5 min warmup and dynamics, 4-20 x 100m strides/100m jogs (stride straights, jog turns on track or equivalent), 5 min cooldown then core, stretch and barefoot drills after OR varsity indoor practice • Tuesday/Thursday/Friday/Saturday: Easy run (20-45min), core, stretch, and barefoot drills after OR varsity indoor track practice • Sunday: OFF for grades 8 and under, option for a long steady run (45-75 min) for varsity veteran runners
12/26-1/1	<ul style="list-style-type: none"> • Monday: 5 min warmup and dynamics, 4-12 x stopwatch fartlek (stride 15 seconds, jog 45 seconds), 5 min cooldown then core, stretch and barefoot drills after OR varsity indoor practice • Wednesday (on your own – no group practice): Find a hill that is about 50m long and a steep but not deadly steep grade. 5 min warmup & dynamics, then (using excellent hill running form!) run hard UP hill 2-10 times and walk back down. 5 min cooldown then core, stretch and barefoot drills after. • Tuesday/Thursday/Friday/Saturday: Easy run (20-45min), core, stretch, and barefoot drills after OR varsity indoor track practice • Sunday: OFF for grades 8 and under, option for a long steady run (45-75 min) for varsity veteran runners

You will always benefit from adding these routines to your weekly training (2-3x/week)

Ladder Drills:

Double [hopscotch](#), [slalom](#), [snake](#)
 Quick step
[Lateral skip](#)
 Lateral XC Step
[Icky Shuffle](#)
 Speedskater

GSM Finisher

(one set for beginners, up to 6 sets for veterans)
 10x [cat/cow](#) 10x [leg raises](#) (toes N/U/D)
 10x [clam shell](#) & [reverse](#) 10x [dead bug](#)
 10x [bridge](#) 10x [windshield wiper](#)
 10x 4ct [flutterkick](#) 10x [suitcase crunch](#)

Minibands: 10 each

[Clamshell](#)
[Reverse Clamshell](#) (start with no band and build to band)
[Monster walk](#) (forward and backward)
[Speedskater](#) (forward and backward)

Hurdle Series ([this link is helpful](#))

[Forward walkovers](#)
[Over/Unders](#)
[Over two, back one](#)
[Lateral bent knee skip](#)
[Lateral straight leg skip](#)
 Variation: hands up, hands behind head

UPCOMING EVENTS:

- January 9th: USATF Niagara Open & Masters Indoor Track & Field Championships at Ithaca College. [More info here.](#) We strongly recommend our younger athletes and their parents (grades K-8) register for the Five Star Youth Skills Clinic that will also take place on Jan 9th. We strongly recommend that our high school athletes register for the meet and take this opportunity to compete. Registration to the Five Star Clinic includes a USATF membership, skills clinic, and the opportunity to compete in the open championships (more information on this clinic is forthcoming) – and it's a chance for parents to see that they can coach youth track and field!! Join us!!
- January 9/16/23/30: FLRC Winter Chill 5K Series at Cass Park, 11am. [More info here.](#) This is a great, low-key opportunity for our runners to measure their progress and enjoy the hearty running community of Ithaca – and each run has a different theme! FLRC membership is required.

IMPORTANT NOTES:

- **Cross-training** is a great option to keep your fitness routine **fun** and **to avoid injury**. *Especially if you have managed injuries in the past: plan to cross-train!* You may substitute a cross-training activity for an outdoor run. (Cross-training options include but are not limited to: biking, swimming, aqua-jogging, elliptical, rollerblading, brisk/uphill hiking)
- **AT ALL TIMES:** Observe social distancing, mask wearing and hand washing recommendations. Run on the left side of the road, carry your ID and/or cell phone, and run in daylight. Avoid running and cross-training in isolated areas, and always tell a trusted adult where you will be running. Wear reflective gear, especially as our days get shorter. Safety must be prioritized.

ALSO:

- ★ If do not have a significant mileage base: that's okay for now. As you know, there is a place for everyone to set goals and achieve them on this team. Your initial goal is to work up to Week 1 of the program listed below.
- ★ If you do not complete a full week of training, do **NOT** move on to the next week. Instead, repeat the week and move on when it is completed. (For example, if you only work out twice during week 3, do not move on to week 4. Repeat week 3 and then move on when it is fully completed.)
- ★ Pace matters. To effectively grow as an endurance runner, you need to take your easy days easy and run your harder days at the appropriate pace. In short: you have to run faster to run faster. You also must honor the need for recovery and appropriately slow down on those days. We will be using the Jack Daniels VDOT calculator (<https://runsmartproject.com/calculator/>) to guide our paces on runs.

SEEKING COACHES:

- ★ **We are continuing to seek coaches to help with this program. The training is written for you, and we have additional coaching development resources to offer via USATF. In order to diversify the events for which we can offer training as well as expand our training and competition offerings, we very much need additional adults to help! Please contact me if you are interested (fingerlakesfleet@gmail.com)**