

Finger Lakes Fleet

January 2022

****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.

1/2-1/9	<ul style="list-style-type: none"> Wednesday, 1/5, 3-4pm: Group practice at Myers Park. Sunday, 1/9, 9am: FLRC Winter Chill #1 Sunday, 1/9, 9-11:30am: Syracuse Chargers Open Track Meet Monday/Tuesday /Thursday/Friday: Easy run (20-45min), core, stretch, and barefoot drills after OR varsity indoor track practice. Aim to include 2 strength routines (grades 9-12+) and 1-2 miniband routines (grades 9-12+) into your week. Sunday: OFF for grades 8 and under, option for a long steady run (45-75 min) for varsity veteran runners
1/10-1/16	<ul style="list-style-type: none"> Wednesday, 1/12, 3-4pm: Group practice at Myers Park. Monday: 5 min warmup and dynamics, 5-20 min easy then 2x(3 min easy, 3 min slightly faster (20K pace)) and then 3x30sec fast (800 pace) then 5-10 min easy 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
1/17-1/23	<ul style="list-style-type: none"> Wednesday, 1/19, 3-4pm: Group practice at Myers Park. Sunday, 1/23, 9-11:30am: Syracuse Chargers Open Track Meet Monday: 5-20 min warmup and dynamics, 4-12 x stopwatch fartlek (pickup/run hard 15 seconds, jog 45 seconds), 5-20 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. Aim to include 2 strength routines (grades 9-12+) and 1-2 miniband routines (grades 9-12+) into your week. Sunday: OFF for grades 8 and under, option for a long steady run (45-75 min) for varsity veteran runners
1/24-1/30	<ul style="list-style-type: none"> Wednesday, 1/26, 3-4pm: Group practice at Myers Park. Monday: 5-20 min warmup and dynamics, 4-20 x 100m strides/100m jogs (stride straights, jog turns on track or equivalent), 5-20 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. Aim to include 2 strength routines (grades 9-12+) and 1-2 miniband routines (grades 9-12+) into your week. 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 [hopscootch](#), [slalom](#), [snake](#)
 Quick step
[Lateral skip](#)
 Lateral XC Step
[lcky 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*

Bodyweight Strength (3 sets of 10 reps each)

Pushup (you choose the variation)
 Single leg squat
 Inchworm
 Walking Lunge with twist (add weight if you wish)
 Russian twists
 Scales (aka single leg pillar dip)
 Bridge hold or single leg bridge raises
 Plank matrix

UPCOMING EVENTS:

- January 9th: Syracuse All-Corners Track Meet [More info here](#).
- 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.
- The January 9th USATF meet at Ithaca College is CANCELLED.

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.
- ★ 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)**