

13 Weeks of General Strength: February 15th to the State Meet

Remember, all of the exercises and routines are at CoachJayJohnson.com. Simply use this as your “recipe” and then add the various exercises and routines as you see fit and as your meet schedule allows. Remember, we’re all improvising!

Weeks 1-2

- Warm-Ups and Cool Downs as work
- Back and Pedestal are great examples of general strength that all of your kids can do
- Big 7 is great because you don’t have to teach them anything - teach them to A-Skip instead!!!

Weeks 2-3

- Warm-Ups and Cool Downs daily
- Treat the General Strength after practice as GS circuits...no rest between exercises and routines
- No power (i.e. plyos or PlyoAccels) but you can probably start working on 400m speed for 50m at a time

Weeks 5-7

- Warm-Ups and Cool Downs can now have “work” in them...Tempo Warm-Up will eventually be easy
- You’re now doing a significant amount of GS after EVERY workout, even the easy days
- Lactate circuits after hard workouts, but only once a week.
- Lactate circuits after the last event of the day during meets is realistic for many athletes
- PlyoAccels for most kids...neutral foot landing!!!
- Don’t drop the volume of the GS too much, even though you’re trying to get kids to Pre-Qualify...it will pay off in the last two weeks
- If the the amount of work stays high in this phase then they’ll likely run their PRs at the end of the season

Weeks 8-11

- Again, don’t drop the volume of the GS as it will help the kids recover from meets and hard workouts
- PlyoAccels can now become part of the warm-up
- If the kid is “wired” then multi-throws are great here, but again, lots of GS is more important in my opinion
- Sleep, hydration, restorative ice baths, etc. are all really important here because the kids are trying to race hard, yet the school year is hectic with all of the end of the year stuff
- You can use PlyoAccels to see if they look flat in the warm-up...if they do, just give them a short run and some “Fun Fast” strides

Weeks 12-13

- You can cut the volume of the GS work, but still keep 5-10 min in there everyday
- Good luck at Regionals and State!

