

Training Schedule ISS Viking Track

It is perfectly acceptable for students to have different goals for this activity, and we will try to meet individual goals with different expectations:

- 1) Athletes who aim to compete locally and/or at NECIS will be expected to come to practices, and meet ISS expectations**
- 2) Athletes that want to get into/stay in shape, but don't want to compete will be followed up, and expected to come to practices they have indicated they will be there for.**
- 3) Athletes "shared" with other sports: need to identify which sport is their main sport. Attendance will be shared between sports.**

Remember we will always be outside for warming up. The first part of the season we will also be inside parts of Monday and Friday sessions.

Always bring clothes for outdoor training: long pants/trousers must be worn in March/April. Students may be sent home if not properly dressed!!!!

Please be aware that this schedule may change during the season, and is not meant to be the FINAL and unchangeable way things will run. If there are changes/additional information, these will be posted on the web-site, and/or sent home.

Philosophy: the season is divided into two:

- a) Basic training – 3 weeks. All athletes follow the same schedule which will include conditioning and basic instructions in running and field events.**
- b) Specialized training – 6 weeks. Athletes will train more focused on sprints OR distance running and field events according to interest and talent. Athletes will choose/be advised by coaches which areas they should specialize in, after our tryouts/meet for ISS athletes only**

Week1

21.03: Monday : Introductions, warm up outside; In-door conditioning: circuit training: 10-12 stations 30/30 (30 sec. intensity). Students do up to 3 circles. 5-7 minutes between each. Some fun exercises/relays, then stretching.

23.03: Wednesday: Outdoors training: Warm up. Strides and running technique. Interval training: up to 3 sets of 10*60 meters. Short recoveries. Slow jog. Stretching.

25.03: Friday: Warm up outdoors (20-30 minutes). Stretching. In-doors: Basic strength exercises (push-ups, back exercises, sit-ups etc.) Jumping (in line). Field Event introductions: throws, jumps

Week2

28.03: Monday: Warm up outside; In-door conditioning: circuit training: 10-12 stations 30/30 (30 sec. intensity). Students do up to 3 circles. 5-7 minutes between each. Some fun exercises/relays, then stretching.

30.03: Wednesday: Warm up. Running technique and strides. 15-30*100m conditioning training. Warm down and stretching. Short recoveries, but athletes can sit out when they are tired.

01.04: Friday: Warm up outdoors (20-30 minutes). Stretching. In-doors: Basic strength exercises (push-ups, back exercises, sit-ups etc.) Jumping (in line). Field Event introductions: throws, jumps.

Week3

04.04: Warm up outside; In-door conditioning: circuit training: 10-12 stations 30/30 (30 sec. intensity). Students do up to 3 circles. 5-7 minutes between each. Some fun exercises/relays, then stretching.

06.04: Wednesday: Warm up, strides and running technique. 8-15*200m. Recovery: walk/jog 200m. This needs to be done in ability groups. Warm down/Stretching

07.04: **Skjalgstafetten. Street relay by Mosvatnet/Park by Gamlingen, Våland. Legs: 100m-490m (sprints)**

08.04: Friday: Warm up outdoors (20-30 minutes). Stretching. In-doors: Basic strength exercises (push-ups, back exercises, sit-ups etc.) Jumping (in line). Field Event introductions: throws, jumps.

Week 4

11.04: Monday: **Try-outs: meet for ISS only. End of basic training.**

13:04 Wednesday: Students advised which areas to focus on for specialized training.

Warm up outside; In-door conditioning: circuit training: 10-12 stations 30/30 (30 sec. intensity). Students do up to 3 circles. 5-7 minutes between each. Some fun exercises/relays, then stretching.

15:04: Friday. Sprinters: 10*60m Long recoveries. Then starts. Warm up and stretching essential.

Distance: 3-5*600-400-200m. 200 jog recoveries. 3-5 minutes between sets

Field Events: Jumping/throwing

Easter Break: what to do if you have time?

Week 5

25.04: Monday: Easter Break

27.04: Wednesday: Sprinters: 40-60-80*3. Starts. Long recoveries
Distance: 6-12*300m. 100m slow walk recovery.
Field Events:

29.04: Friday: Warm up outside; Field events/hurdles.
Then: In-door conditioning: circuit training: 8-10 stations 30/30 (30 sec. intensity). Students do up to 3 circles. 5-7 minutes between each. Some fun exercises/relays + jumping, then stretching.

Athletes running Siddisløpet should not come to this practice.

30.04: Saturday: **Siddisløpet (8.3 KM)** Only athletes with good conditioning should participate.

Week 6

02.05: Monday: Sprinters: 3*150m, 3*120m
Distance: Middle distance: 4 sets: 400-200m with 200m-400m recoveries. Distance:
4-5*1000m. 2-3 min. recovery.
Field Events:

03.05: Tuesday: **Possible in-door meet in new sports hall: Sandnes**

04.05: Wednesday: Warm up outside; In-door conditioning: circuit training: 10-12 stations 40/20 (40 sec. intensity). Students do up to 3 circles. 5-7 minutes between each. Some fun exercises/relays + jumping, then stretching.

06.05: Friday: Sprinters: 10*60m
Distance: Stokka lake: 10-20*1minutes; 30 sec. recoveries.
Field Events:

Week 7

09.05: Monday: **Possible meet: Hinna** (invitation not posted on their website yet). If not:
Sprinters: 200m, 150m, 120m, 100m, 80m, 60m, 40m. Long recoveries.
Distance: 1000m-800m-600m-400m-200m. 2-3 min recoveries
Field Events:

11.05: Wednesday: Warm up outside; In-door conditioning: circuit training: 10-12 stations 30/30 (30 sec. intensity). Students do up to 3 circles. 5-7 minutes between each. Some fun exercises/relays + jumping, then stretching.

13.05: Friday: Sprinters:
Distance: Stokka lake: 2-3 sets: 3min-2min-1min. 1 min. recoveries

Week 8

16.05: Monday: Sprinters: 1*200m, 2*100m. Long recoveries. Full speed.
Distance: 3 sets of 300-200m. 4-5 min recoveries. Fast
Field Events:

18.05: Wednesday: Warm up outside; In-door conditioning: circuit training: 10-12 stations 40/20 (30 sec. intensity). Students do up to 3 circles. 5-7 minutes between each. Some fun exercises/relays + jumping, then stretching.

For athletes competing: Light jog, some strides and stretching.

19.05: Thursday: **Skjalg stevne: Stavanger Stadium. Events not posted yet.**

20.05: Friday: Sprinters: 5-8*200 at 70-80% speed. Stretching.
Distance: Distance: Nice long jog around, or partially around Stokka lake.
Field Events:

(21st and 22nd: **Mailekene: Haugesund**. Events posted later on their website. ISS athletes will need to decide if they want to go.)

Week 9

23.05: Monday: Short practice: jogging, field events and relay practices.

24.05: Tuesday: Meet – **Sandnes Stadium**. Short meet. Few events.

25.05: Wednesday: Light jogging. Strides Field event and relay practicing.

26-28/29.05: NECIS – Dusseldorf. IGCSE candidates and travel???? Geography is on the 26th. Coordinated Science is on the 27th – so most candidates will not be able to travel.

Weekend practices: Jog or light interval sessions. Ask for advice.