

# Jackson High School Track & Field Meeting 2024

Coach Mike Gross - Head Coach

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- Run and train on your own/group.
- Meet Tuesdays and Thursdays to lift. A coach will supervise the weight room from 4:00-5:00. No one will be allowed to lift without a coach present.
- **Season Practice begins Monday, February 26th.** Practice is after school and ends by 5:30 everyday. HS students will park and get picked up in the parking lot by the soccer field. There will also be a Sports bus that will drop off at the Track.
- We will LIFT as a team on Tuesdays and Thursdays this season. We will go to track after Lifting.
- A **Sports Physical** is required in order to participate. You will not be allowed to practice until you have this completed and turned in.
  - If you have **tried out or participated in another school sport this year**, then you would just let us know that you **already have a Physical on file**.
  - Complete this early and turn into the Athletic office or bring with you the first day of practice.
    - There are two parts to the physical.
      - The PRE-PARTICIPATION PHYSICAL EVALUATION - valid for 2 years.
      - The PRE-PARTICIPATION DOCUMENTATION - must be completed every year.
- **Sign up for the BAND App.** This will be used for announcements, meet information, and practice information.

Seniors	Juniors	Sophomores	Freshman
			
<b>2024 Athletes</b>	<b>2025 Athletes</b>	<b>2026 Athletes</b>	<b>2027 Athletes</b>

Assistant Coaches-

Andrea Talley: Distance	Reagan McDowell: Hurdles and Sprints	Brayden Martin: Jumps
Lindsey Gross: Mid-Distance	Jack Rinehart: Pole Vault	Derek Sievers: Throws



# JACKSON TRACK & FIELD

## Off-Season Training Schedule



### Distance Training (1600-3200)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1/1	1/2	1/3	<b>Team Weights</b> <b>EC - 4:00-5:00</b>	1/5 30-58 min. Adv	1/6 50-60 min.
	<b>WINTER BREAK</b>		Bg- 30-40 min E Adv- 45-53 min E	26-46 min. 5x broken 150m on track	<b>SEMO All-comers meet</b> Athletes need to register at <a href="http://directathletics.com">directathletics.com</a> , \$20 to register, PV will be on Friday, all other events on Saturday.	
1/7 rest or Cross-train 45+min. WEEK 1	1/8 40 min run + strides	<b>Team Weights</b> <b>EC - 4:00-5:00</b> Bg - 30 min. E run Adv-42-50 min. E run + 5 x 80 m. strides	1/10 Bg-30-40 min E Adv-45-53 min. Moderate or 1st 30 E, then 10 min. +mod	<b>Team Weights</b> <b>EC - 4:00-5:00</b> 2 mi. E, R pace 4-6x200 2 m	1/12 *30-50min. + 8x100m. hard strides uphill *Beg. closer to 30-35 min.	1/13 Beg.25-40 min. E Adv. 40-70 min. E
1/14 rest or Cross-train 45+min. WEEK 2	1/15 (No School) 4 mile threshold run or 40 min. easy +8-10 100 m. strides +10 min back to sch	<b>Team Weights</b> <b>EC - 4:00-5:00</b> 30-50 min, easy to moderate	1/17 2 mi. E +8x400 R pace W 400 jog b/t each+ 2x200 R pace w/ 200 jog +1 mi.	<b>Team Weights</b> <b>EC - 4:00-5:00</b> 35-50 min	1/19 40-55 min. Moderate pace +6-8 uphill strides @ 3% incline	1/20 Beg. 32-43 min. Adv. 40-70 min.
1/21 rest or Cross-train 45+min. WEEK 3	1/22 2 mile VO2 test	<b>Team Weights</b> <b>EC - 4:00-5:00</b> 40-60 min. or Cross train if needed	1/24 20 min. E +4-5 x 400 hard 3:00 jog +6 x 200 R + 15 min.E	<b>Team Weights</b> <b>EC - 4:00-5:00</b> 30-40 min steady state	1/26 15 min E, 4 strides 600 @R pace =jog 3x400 @R pace, = jog 6x200@R pace+10 minE	1/27 Beg. 40-45 min. Adv. 70 min.
1/28 rest or Cross-train 45+min. WEEK 4	1/29 2 mi. E +8,12,1600 @ 1 pace w/3:00 jg OR tempo	<b>Team Weights</b> <b>EC - 4:00-5:00</b> 40-60 min. L run or Cross-Train 60 min.	1/31 5 mile E or 36-45 min. run + 8 x hills b/hind stadium up to start of trail of honor	<b>Team Weights</b> <b>EC - 4:00-5:00</b> 2 mi.E+5x600 R pace w/600 jog b/t	2/2 36-48 min. E run.	2/3 40-70 min. L run Bg run closer to 40
2/4 rest or Cross-train 45-60 min. WEEK 5	2/5 3 x 1 mi. Vo2 or 5 mile TR (tempo)	<b>Team Weights</b> <b>EC - 4:00-5:00</b> 45 min.RR +6 x 80 m.	2/7 48-54 min. L run Beginners may shorter recov (RR run)	<b>Team Weights</b> <b>EC - 4:00-5:00</b> 20-30 min. E+ 7x200 meter hills on campus	2/9 40-58 min. RR	2/10 44 min RR Some will do their Long run today
2/11 rest or Cross-Train 45-60 min. WEEK 6	2/12 38-48 min moderate	<b>Team Weights</b> <b>EC - 4:00-5:00</b> 20min E+ 4-6x3min hard w/ 2min jog btw +6x200m+ 15 min. E run	2/14 30-45 min. E.	<b>Team Weights</b> <b>EC - 4:00-5:00</b> E 45 min	2/16 (No School) 36-45 min. E run	2/17 45-75 min. Long Beginner-closer to 45
2/18	2/19 (No School)	2/20	2/21	2/22	2/23	2/24
<b>NO CONTACT WEEK</b>						
rest or Cross-train 45 min.	3 mi. tempo+ 2-4 x 400	25-44 min. 3-6 mi E recovery	38-65 min.	15 min. E run+600 see full workout/handout	Telephone pole fartlek- 4-5 mi.	7 mi. RR
2/25 OFF day	2/26 FIRST DAY OF PRACTICE					

When working off this sheet, remember that all above work-outs have additional details and paces. You may exchange days depending on weather conditions. Depending on the phase that you are in, paces will change. Some of you will run higher and lower depending on your November and December training labels.



# JACKSON TRACK & FIELD



## Off-Season Training Schedule

### Mid-Distance Training (400-800)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1/1	1/2	1/3	1/4	1/5	1/6
	WINTER BREAK			Team Weights Event Center 4:00-5:00	SEMO All-comers meet <small>Athletes need to register at <a href="http://direathletics.com">direathletics.com</a>. \$20 to register. PV will be on Friday, all other events on Saturday.</small>	
1/7	1/8	1/9	1/10	1/11	1/12	1/13
WEEK 1	Long Run 30-45 minutes Medium Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Repeats 3 x 320m w/2 min rest Target Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Speed Day 4x400m (race pace) 400m (recovery b/w each)	Long Run 30-45 minutes Recovery Pace
1/14	1/15	1/16	1/17	1/18	1/19	1/20
WEEK 2	Bonus Day/Long Run 30-45 minutes Medium Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Repeats *Hills 10 x 30m (1 min recover) 2 mile run - 75% Target Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Speed Day Run 3200m (Medium Pace) Every 800m, 200m @ Target Pace	Long Run 30-45 minutes Recovery Pace
1/21	1/22	1/23	1/24	1/25	1/26	1/27
WEEK 3	Long Run 30-45 minutes Medium Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Repeats 1 x 600m, 3min/rest 3 x 200m, 1 min/rest Target Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Speed Day 6-8 x 100m Target Pace, 30 second rest between 10 minute Recovery Run	Long Run 30-45 minutes Recovery Pace
1/28	1/29	1/30	1/31	2/1	2/2	2/3
WEEK 4	Long Run 40-50 minutes Medium Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Repeats 4-6 400m, 2 min rest Target Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Endurance Day 8 x 200 meters Build-ups (10% increase per 20 m)	Long Run 40-50 minutes Recovery Pace
2/4	2/5	2/6	2/7	2/8	2/9	2/10
WEEK 5	Long Run 30-45 minutes Medium to Fast Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Repeats 3 x 320m w/1 min rest Target Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Endurance Day 3 x 1,000m + Rest = 3 - 5 minutes total time depending on your target pace	Long Run 40-50 minutes Recovery Pace
2/11	2/12	2/13	2/14	2/15	2/16	2/17
WEEK 6	Long Run 30-45 minutes Medium to Fast Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Repeats *Hills: 10-20 x 20 seconds (downhill recover only) 2 mile run - Recovery Pace	Team Weights Event Center 4:00-5:00 2-3 mile run	Speed Day 6x400m (race pace) 400m (recovery b/w each)	Long Run 30-45 minutes Medium to Fast Pace
2/18	2/19	2/20	2/21	2/22	2/23	2/24
<b>NO CONTACT WEEK</b>						
2/25	2/26					
	FIRST DAY OF PRACTICE					

[Pace Charts](#) with times for 100m, 200m, 400m, 800m, 1000m, 1600m  
You can base your Target Pace off of your 800m/1600m race time for reference.

\* Focus on knee lift and arm movement, driving with both your arms and legs. Accelerate up the hill so that you finish strongly.

Levels of Running Pace:
Recovery Pace
Medium Pace
Fast Pace
Target/Race Pace



# JACKSON TRACK & FIELD

## Off-Season Training Schedule



### Sprinter (100-200 Group), Jumpers, Hurdlers

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1/1	1/2	1/3	1/4 <b>Team Weights</b> Event Center 4:00-5:00	1/5 <b>SEMO All-comers meet</b>	1/6
	WINTER BREAK				Athletes need to register at <a href="http://directathletics.com">directathletics.com</a> , \$20 to register, PV will be on Friday, all other events on Saturday.	
1/7  WEEK 1	1/8 <b>Speed Day</b> 5x50 meters 3 min recovery	1/9 <b>Team Weights</b> Event Center 4:00-5:00	1/10 <b>Resistance Day</b> Hills: 10x30 meters 3 min recovery	1/11 <b>Team Weights</b> Event Center 4:00-5:00	1/12 <b>Endurance Day</b> 6x100 meters Build-ups (10% per 20 m)	1/13
1/14  WEEK 2	1/15 <b>Speed Day</b> 4x60 meters 3 min recovery	1/16 <b>Team Weights</b> Event Center 4:00-5:00	1/17 <b>Resistance Day</b> Hills: 8x40 meters 4 min recovery	1/18 <b>Team Weights</b> Event Center 4:00-5:00	1/19 <b>Endurance Day</b> 5x100 meters Build-ups (10% per 20 m)	1/20
1/21  WEEK 3	1/22 <b>Speed Day</b> 5x50 meters 3 min recovery	1/23 <b>Team Weights</b> Event Center 4:00-5:00	1/24 <b>Resistance Day</b> Sled Pulls- 10x20m 3 min recovery	1/25 <b>Team Weights</b> Event Center 4:00-5:00	1/26 <b>Endurance Day</b> 12x80 meters Build-ups (10% per 10 m)	1/27
1/28  WEEK 4	1/29 <b>Speed Day</b> 6x60 meters 4 min recovery	1/30 <b>Team Weights</b> Event Center 4:00-5:00	1/31 <b>Resistance Day</b> Sled Pulls- 15x15m 4 min recovery	2/1 <b>Team Weights</b> Event Center 4:00-5:00	2/2 <b>Endurance Day</b> 6x100 meters Build-ups (10% per 10 m)	2/3
2/4  WEEK 5	2/5 <b>Speed Day</b> *See workout below	2/6 <b>Team Weights</b> Event Center 4:00-5:00	2/7 <b>Resistance Day</b> Hills: 5x50m 3 min recovery	2/8 <b>Team Weights</b> Event Center 4:00-5:00	2/9 <b>Endurance Day</b> 8x100 meters Build-ups (10% per 10 m)	2/10
2/11  WEEK 6	2/12 <b>Speed Day</b> *See workout below	2/13 <b>Team Weights</b> Event Center 4:00-5:00	2/14 <b>Resistance Day</b> Hills: 5x50m 3 min recovery	2/15 <b>Team Weights</b> Event Center 4:00-5:00	2/16 <b>Endurance Day</b> 8x100 meters Build-ups (10% per 10 m)	2/17
2/18	2/19	2/20	2/21	2/22	2/23	2/24
<b>NO CONTACT WEEK</b>						
2/25	2/26 FIRST DAY OF PRACTICE					

2/6 - Speed workout	Accelation-sprint-float-sprint (100 meters) 50 meter acceleration, to 10 meters sprint at 100%, to a 30 meter float at 80%, to 10 meters sprint at 100%. --Total of 100m 3x100 meter - 6 minute recovery
2/13 - Speed workout	Accelation-sprint-float-sprint (100 meters) 50 meter acceleration, to 10 meters sprint at 100%, to a 30 meter float at 80%, to 10 meters sprint at 100%. --Total of 100m 4x100 meter - 8 minute recovery



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## Off-Season Training Schedule

### Throwers Training

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1/1	1/2	1/3	1/4 <b>Team Weights</b> Event Center 4:00-5:00	1/5	1/6
	<b>WINTER BREAK</b>				<b>SEMO All-comers meet</b> Athletes need to register at <a href="http://directathletics.com">directathletics.com</a> , \$20 to register, PV will be on Friday, all other events on Saturday.	
1/7	1/8	1/9 <b>Team Weights</b> Event Center 4:00-5:00	1/10	1/11 <b>Team Weights</b> Event Center 4:00-5:00	1/12	1/13
1/14	1/15	1/16 <b>Team Weights</b> Event Center 4:00-5:00	1/17	1/18 <b>Team Weights</b> Event Center 4:00-5:00	1/19	1/20
1/21 Weather Dependent Throwing at the Track 10-12	1/22	1/23 <b>Team Weights</b> Event Center 4:00-5:00	1/24 Weather Dependent Throwing at the Track 3:30-4:30	1/25 <b>Team Weights</b> Event Center 4:00-5:00	1/26	1/27
1/28 Weather Dependent Throwing at the Track 10-12	1/29	1/30 <b>Team Weights</b> Event Center 4:00-5:00	1/31 Weather Dependent Throwing at the Track 3:30-4:30	2/1 <b>Team Weights</b> Event Center 4:00-5:00	2/2	2/3
2/4 Weather Dependent Throwing at the Track 10-12	2/5	2/6 <b>Team Weights</b> Event Center 4:00-5:00	2/7 Weather Dependent Throwing at the Track 3:30-4:30	2/8 <b>Team Weights</b> Event Center 4:00-5:00	2/9	2/10
2/11 Weather Dependent Throwing at the Track 10-12	2/12	2/13 <b>Team Weights</b> Event Center 4:00-5:00	2/14 Weather Dependent Throwing at the Track 3:30-4:30	2/15 <b>Team Weights</b> Event Center 4:00-5:00	2/16	2/17
2/18	2/19	2/20	2/21	2/22	2/23	2/24
<b>NO CONTACT WEEK</b>						
2/25	2/26 FIRST DAY OF PRACTICE					