

Athletics Training Program

Faction Interschool Athletics

This program is designed for all students wanting to push themselves outside of school , in order to achieve PB's and give themselves the best chance at Interschool Selection.

It is an out of schools hours' program and is therefore non-compulsory. However, it is highly recommended as a minimum - anything additional is at the discretion of the child's parent.

Many students at Mt Lawley and other Interschool students in our network will probably not be doing training over the holidays; this can be your point of difference. After taking out last year's Interschool Athletics, we move from contenders to defending champions... we are the hunted!

Minimum number of recommended sessions per week: 2-3

Guidelines:

- Put the right fuel into your body and stay hydrated
- Avoid the hottest parts of the day
- Dynamic stretching should be undertaken before sessions, and static stretching afterwards
- Sessions don't have to be long, just purposeful and with high levels of effort/intensity – set a time limit or amount of sets and stick to it. *ie* 20-30mins or 3 sets of 10 with a break in between each set
- Grab a friend or training partner – particularly if sessions involve high levels of effort (competition can be good)
- Keep track of the training – log the time you spend doing this
- Look for the individual to be self-motivated, encouraging them to set their own schedule, including session they have a preference for – if all else fails parents/older sibling might need to initiate the first few or help generate ideas

Suggested sessions/activities:

- Fartlek training (google it 😊)
- Run the cross country course – both Faction and Interschool courses
- Repeat sets (max effort) of sprint distance (50m/80m/100m) with 1 min rest in between
- Repeat sets (medium effort) focusing on technique (chin to pocket, arms bent at 90°, knee drive, using balls of feet, head straight) – watch a YouTube video if unsure
- Hill sprints (walk back recovery)
- Beach sprints or Beach Flag Race
- HIIT session – box jumps or step-ups, burpees, squats, sit-ups, jumping jacks, boxing using focus pads, skipping. Keep it short and sharp – google some examples
- Hiking – make sure there is some good changes in gradient
- Orienteering at permanent orienteering courses (Whiteman Park, Lake Leschenaultia)

For maps and punch cards visit:

<https://www.wa.orienteering.asn.au/get-involved/permanent-course-downloads>