

Tartan Track and Field – Spring Break Training

Training for track and field is highly cumulative. A short time away from training is a step back, and significant time away (four or more consecutive days) is a huge leap backwards. This is why we continue to train over GHS's Spring Break.

Our expectation is that if an athlete is home, i.e. not traveling/sleeping overnight somewhere else, he/she should be at training.

Again, this is because:

- Training is cumulative and detraining is progressive. If an athlete went the entire break without training (10 days), it has the effect of 35 days of detraining, moving his/her fitness levels back to late February.
- We periodize our training, meaning we vary the training load to achieve maximum performance at the end of the season, and the Break week is very important in that plan.
- Athletes' assimilate training in three-week cycles. With the season ending for most of our team with the week of the final dual meet and league prelims, this makes the Break week the last week of training that can effect performance.

However, we understand that some families have made plans to travel during the break. If that is the case, please fill out and return the form below. Absences accounted for by the form will be excused, and athletes who return the form signed by a parent will be given workout plans to do on their own on the days they're gone so they can minimize their fitness losses.

Training times: Daily at: 9:00am (Throws), 9:30am (Sprints/Hurdles/Jumps), 3:00pm (Distance)

Please excuse _____ from training from _____
to _____ because he/she will be away from home during that time.

Please sign: _____

Please print name: _____