

PRACTICE PLANS

WHEELCHAIR RACING – TRACK WORKOUTS



**HIGH SCHOOL
ADAPTIVE SPORTS**
PRESENTED BY KENNETH WHALEN FAMILY FOUNDATION

► **WARM-UP EXERCISES** (follow same warm-up for each workout)

WARM-UP

- 1-2 Laps around the track
- 30 Seconds (per arm) cross arm stretch
- 30 Seconds pectoral stretch
- 30 Seconds (per arm) behind head tricep stretch
- 30 Seconds (per arm) forearm stretch
- 10 Arm circles forward (both arms)
- 10 Arm circles backwards (both arms)

WEEK	PRACTICE ONE	PRACTICE TWO	PRACTICE THREE	CHALLENGE
WEEK ONE	<p>► DRILLS</p> <ul style="list-style-type: none"> – Two laps (see below for details) – First lap - sprint the straights and go easy on the corners – Second lap - sprint the corners and go easy on the straights 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 2X100 Meter sprints (two minute rest between each sprint) – Four minute rest – 2x200 Meter sprints (two minute rest between each sprints) – Four minute rest – 2x400 Meter sprints (two minute rest between each sprints) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 5X50 Meter accelerations (two minutes rest between each acceleration) 	<p>► CHALLENGE</p> <p>Can you transfer into and out of your wheelchair racer with little to no assistance? Record yourself completing this challenge!</p> <p>NOTE: If you are still finding comfort in transferring, complete a few transfers with assistance until you are comfortable doing it with little to no assistance.</p>
WEEK TWO	<p>► DRILLS</p> <ul style="list-style-type: none"> – 6X100 Meter sprints (three minute rest between each sprint) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 6X150 Meter sprints (four minute rest between each sprint) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 6X200 Meter Sprint (five minute rest between each sprint) 	<p>► CHALLENGE</p> <p>Baseline testing (you choose what distance(s) you would like to test):</p> <ul style="list-style-type: none"> – 50 Meter sprint time – 100 Meter sprint time – 200 Meter sprint time – 400 Meter sprint time
WEEK THREE	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X50 Meter sprint (three minutes rest between each sprint) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X80 Meter sprint (four minutes rest between each sprint) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X100 Meter sprint (five minutes rest between each sprint) 	<p>► CHALLENGE</p> <p>Record yourself pushing 50 meters of pushes with good form, using your hands and hips to keep you straight</p> <p>NOTE: Focus on form, NOT speed!</p>
WEEK FOUR	<p>► DRILLS</p> <ul style="list-style-type: none"> – 3 Sets of 4X50 Meter grass sprints (three minutes rest between each sprint, four minutes rest between sets) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Band pull aparts – 3X8 Banded single arm lat pulls (8 per side) – 3X8 Banded tricep extension – 3X8 Med ball seated trunk rotations 	<p>► DRILLS</p> <p>Two laps (see below for details)</p> <ul style="list-style-type: none"> – First lap - sprint the straights and go easy on the corners – Second lap - sprint the corners and go easy on the straights <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball shoulder press – 3X8 Med ball front raises – 3X8 Banded external rotations (8 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X80 Meter sprints with focus on starts (2 minutes between each sprint) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball bench press – 3X8 Med ball chest pushes – 3X8 Banded seated trunk rotations (8 per side) 	<p>► CHALLENGE</p> <p>Record your time - how long does it take you to do 20 pushes with good form?</p> <p>NOTE: Focus on form AND speed!</p>
WEEK FIVE	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X200 Meter sprint (five minutes rest between each sprint) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Band pull aparts – 3X8 Banded single arm lat pulls (8 per side) – 3X8 Banded tricep extension – 3X8 Med ball seated trunk rotations 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X150 Meter sprint (four minutes rest between each sprint) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball shoulder press – 3X8 Med ball front raises – 3X8 Banded external rotations (8 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 8X100 Meter sprint (four minutes rest between each sprint) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball bench press – 3X8 Med ball chest pushes – 3X8 Banded seated trunk rotations (8 per side) 	<p>► CHALLENGE</p> <p>Record your best victory dance after winning a race in your racing chair!</p>
WEEK SIX	<p>► DRILLS</p> <ul style="list-style-type: none"> – 3X30 Meter sprint (two minute rest between each sprint) – 3X60 Meter sprint (two minute rest between each sprint) – 3X80 Meter sprint (two minute rest between each sprint) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Band pull aparts – 3X8 Banded single arm lat pulls (8 per side) – 3X8 Banded tricep extension – 3X8 Med ball seated trunk rotations 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 3 Sets of 4X50 meter grass sprints (three minutes rest between each sprint, four minutes rest between sets) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball shoulder press – 3X8 Med ball front raises – 3X8 Banded external rotations (8 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> – 2X100 Meter sprints (two minute rest between each sprint) – Four minute rest – 2x200 Meter sprints (two minute rest between each sprint) – Four minute rest – 2x400 Meter sprints (two minute rest between each sprint) <p>► STRENGTH & CONDITIONING</p> <p>Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> – 3X8 Med ball bench press – 3X8 Med ball chest pushes – 3X8 Banded seated trunk rotations (8 per side) 	<p>► CHALLENGE</p> <p>Retest baseline testing (retest the same distance(s) you picked for testing on week two):</p> <ul style="list-style-type: none"> – 50 Meter sprint time – 100 Meter sprint time – 200 Meter sprint time – 400 Meter sprint time