SETTING UP YOUR TRAINING AREA

**First** consider the **safety** of the location you choose to do your training. Avoid areas with a lot of traffic or places where vehicles might be traveling at high speeds. Choose a place with good visibility so you can see cars and drivers can see you. Ask your parents for advice on a place they think should be safe for you to set up your training area and, if someone is available, ask for help.

You will need to set up courses of:

20 m – used for your dynamic warm-up drills

50 m – used for sprint training

100 m – used for sprint training

150 m – used for sprint training

200 m – used for sprint training

400 (300 to 500) m – if you have a suitable place. This can be a loop (around the block) or a one-way course.

It is usually easiest to have a common starting place and then mark the distances. A good way to mark the distances is to use a piece of duct tape that you can remove in a few weeks when your done or replace if someone removes it before you are finished. You can write the distance on the tape with a water-proof marker. Please don’t put permanent marks on someone else’s property or on public property.

The area you set up will be used for interval training. Your distances don’t need to be exact so, if you don’t have a tape measure you can estimate the distances by pacing the course. Use the following chart as a guide. It’s based on your height and indicates approximately how many paces (steps) equal a specific distance. Use this as a guide and set up your training area.

6’0” 5’8” 5’4” 5’0” 4’8”

20 m 22 23 24 25 26

50 m 55 57 59 61 63

100 m 110 114 118 122 126

150 m 165 171 177 183 189

200 m 220 228 236 244 252