



<http://www.theetgtrackclub.com>

TheETG

# Warm-up

## TheETG Training Packets

### mission:

Pursue optimal human performance in Track & Field distance running. Facilitate and proliferate the use of --the-- best applied sport sciences based training information available anywhere in the world. Running involves the use of human cells. The manner in which those cells function impacts one's running ability. Training in a manner consistent with human cellular function, in an effort to optimize their function, makes improvement more controllable, more stable, and more certain.

"Nature, to be commanded, must be obeyed."

[Francis Bacon]

"I don't know that there is any magic level of interest in science that people ought to have. But the more they understand, the more they will be able to control their destiny and achieve their other aims."

[Stephen Hawking]

## TheETG Training Packets.....

ETG Training Packet --- applied sport sciences Background info  
ETG Training Packet --- Genetics vs. Training  
ETG Training Packet --- Increase Train-ability  
ETG Training Packet --- Getting Out Of Physiological Over-training  
ETG Training Packet --- Optimal Running Form  
ETG Training Packet --- Research Based Running Injury Repair  
ETG Training Packet --- The Ultimate Coach  
ETG Training Packet --- Drug Use & Drug Testing Are A Sham & A Scam  
TheETG Warm-up  
TheETG Training Program  
TheETG Nutrients For Cells  
TheETG "ROM's" [Range Of Motion Exercises]  
"This Is Track & Field" ---- document  
TheETG Track & Field Promotions Project

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# TheETG Warm-up

## Goals.....

--- prepare brain and nervous system for high frequency electrical output to muscle and other tissues.

--- increase conversion of Pyruvate De-hydrogen-ase [PDH] from its in-active form to its active form

[such that more ATP will be produced aerobically during the early portions of the workout/race, regardless of the workout/race distance or running velocity].

--- elevate oxygen demand such that there will be a lesser increase in the amount of oxygen consumption required when the workout/race begins.

## Part 1

### **800 meters of alternating 50m runs**

- on the track, start on the middle of a straight, run in clockwise direction
- alternating 50m easy jog, 50m surge in pace
- 50m surge in pace should get faster with each lap
- when done with the 800m.....slowly walk 100m or more

## Part 2

### **100 meters progressive pace to max velocity**

- start on into a turn, run in clockwise direction
- progress to fast pace
- when done slowly walk 100m or more

## Part 3

### **50 meters progressive pace to max velocity**

- start on into a turn, run in clockwise direction
- progress to max velocity
- when done slowly walk 200m or more, then start workout