

COUGAR TRACK & FIELD

2017 SPRING SEASON LD SCHEDULE

MONDAY through SATURDAY track & field team practice attendance is mandatory.

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

PERFORMANCE WARM-UP (wks 1-5) PHASE 1

600m BAREFOOT run (grass lap)

2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossovers

600m BAREFOOT run (grass lap)

20 sec. forward fence hurdles
20 sec. backward fence hurdles
20 sec. side to side leg swings
20 sec. front to back leg swings

600m BAREFOOT run (grass lap)

2 x 10m forward "h" skips
2 x 10m forward heel lift
2 x 10m forward knee lift

MEDIUM warm-up run –time indicated on training calendar (10-25min).

PERFORMANCE COOL-DN (wks 1-5) PHASE 1

MEDIUM cool-down run –time indicated on training calendar (10-25min).

A CIRCUIT in quad:

10-15 x triceps dips on bench
10 x double leg jump-ups on bench/table
10-15 x bodyweight rows
10 x forward step-up/knee drive

B CIRCUIT on turf:

20 x mountain climbers
10-15 x lateral reach push-ups
2 x 10m lateral squat walk

600m BAREFOOT run (grass lap)

CORE CIRCUIT

-60 sec. leg lifts
-60 sec. chest lifts
-60 sec. fingertip-to-wrist sit ups
-60 sec. bird dogs
-60 sec. elbow-to-knee diagonal crunch

STRETCH CIRCUIT

FITNESS WARM-UP (wks 1-5) PHASE 1

600m BAREFOOT run (grass lap)

BAREFOOT CIRCUIT

-20m inchworms
-20m walking pillar dips
-20m walking leg swings
-60 sec. hip/trunk rotations
-60 sec. inverted splits
-60 sec. inverted scissors
-60 sec. chest eagles
-60 sec. back eagles
-20m backward lunge walk

Jog Variation Between Each:

-360 jog x 2
-lateral shuffle x 2
-lateral crossover x 2
-lateral saddle swing x 2

FITNESS COOL-DOWN (wks 1-5) PHASE 1

BAREFOOT CIRCUIT

-20m walk toes up & out
-20m walk toes up & in
-20m walk heels up & out
-20m walk heels up & in

CORE CIRCUIT

-3 x 30 sec. plank matrix

-60 sec. scoops
-60 sec. chest crawl
-60 sec. low reach crunch
-60 sec. pistons
-60 sec. opposite arm/leg
-60 sec. side crunches

GSM CIRCUIT

STRETCH CIRCUIT

LADDER DRILLS

1. Forward double leg "hop scotch"
2. Forward double leg "slalom"
3. Forward double leg "snake"
4. Forward half step (x2)
5. Forward quick step
6. Lateral quick step
7. Lateral shuffle step
8. Lateral "x-country" switch step
9. Forward "icky shuffle"
10. Forward "speed skater"

MORNING FITNESS ROUTINE (wks 1-5) PHASE 1

60-90 sec per set. 30m run btwn each.

A: BAREFOOT CIRCUIT

SWISS BALL:

1. *Supine* inner thigh drop push
2. *Prone* stink bugs
3. *Lateral oblique* crunch (feet on wall)
4. *Supine* heels on ball double leg hamstring curls
5. *Supine* leg lift twists
6. *Prone* back extension w/ ball under hips, arms under chin (feet on wall)
7. *Supine* hands to ankles ball pass
8. *Prone* hips on ball single leg lifts
9. *Lateral* side split leg raises

MEDICINE BALL:

1. Good mornings ball btwn shoulders
2. Standing straight-arm circles
3. Sit up diagonal wood chops
4. Kettle bell swings
5. Standing straight-arm rainbow
6. Inchworm roll out/back
7. Standing straight-arm twists
8. Pillar single leg, forward dip
9. Standing front slams

B: BAREFOOT CIRCUIT

SWISS BALL:

1. Straight arm rollout from knees
2. *Supine* inner thigh drop push
3. *Prone* hands on floor, feet on ball, lateral walk, lateral leg
4. *Lateral oblique* crunch twist (feet on wall)
5. *Supine* heels on ball dbl leg hip thrust
6. Rotisserie Chicken *supine* single heel on ball, hips up, rotate
7. *Prone* hips on ball back extension arms straight in front (feet on wall)
8. *Supine* hand to ankle ball pass
9. *Lateral* elbow stand (feet on bench, forearm on floor) knee drives

MEDICINE BALL:

1. Around the world, full circles from hip straight arms ball overhead
2. Diagonal squat hay bales
3. Standing knee lift straight arm twist
4. Sit up ball on chest
5. Inchworm *bounce* out/back
6. *Lateral* straight-arm overhead hand to hand toss
7. Squat straight arm front hold
8. Pillar single leg clock bounce
9. Chest lifts arms lateral over ball

STRENGTH CIRCUIT ROUTINE (wks 1-5) PHASE 1

2-3 circuits: **MAX** weight for 8 reps!

A: STRENGTH CIRCUIT

1. -8 x arm curls (dumbbells)
2. -16 x side pulls (dumbbell)
3. -8 x front lat pulls (machine)
4. -8 x bent row (dumbbell)
5. -8 x full squats (barbell)
6. -8 x military press (dumbbells)
7. -8 x triceps push downs (machine)
8. -8 x windmills (dumbbell)
9. -8 x upright rows (barbell)
10. -60 second running arms (dumbbells)

B: STRENGTH CIRCUIT

1. -10+ x back extensions
2. -8 x push up rows (dumbbells)
3. -8 x back lat pulls (machine)
4. -8 x lunge w/ weight (dumbbells)
5. -8 x incline press (dumbbells)
6. -8 x arm front/side raises (dumbbells)
7. -8 x dead lifts (barbell)
8. -8 x bar dips
9. -16 x single leg squat taps (box)
10. -8 x bent back fly single arm on bench (dumbbell)

STRETCH CIRCUIT

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg crossover, side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle away from same side glute)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to glute)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/Glute (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Glute/hip (corkscrew sit/ knee to chest)

G-S-M CIRCUIT

1. 10 x Sway-back/Cat-back
2. 10 x Lateral **abductor** leg raises (inverted/neutral/out)
3. 10 x Lateral **adductor** leg raises (inverted/neutral/out)
4. 10 x Scorpion
5. 10 x Donkey whip
6. 10 x Fire hydrant
7. 10 x Standing straight leg lift matrix
8. 10 x Dbl leg bridge thrust

COUGAR TRACK & FIELD

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MONDAY through SATURDAY track & field team practice attendance is mandatory.

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

PERFORMANCE WARM-UP (wks 6-10) PHASE 2

600m BAREFOOT run (grass lap)
2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossover w/ knee drive

600m BAREFOOT run (grass lap)

20 sec. forward fence hurdles
20 sec. backward fence hurdles
20 sec. side to side leg swings
20 sec. front to back leg swings

600m BAREFOOT run (grass lap)

2 x 20m forward rotary run
w/ 40m acceleration
2 x 20m forward 3rd stride quick stride
w/ 40m acceleration

MEDIUM warm-up run –time indicated on training calendar (10-25min).

PERFORMANCE COOL-DN (wks 6-10) PHASE 2

MEDIUM cool-down run –time indicated on training calendar (10-25min).

A CIRCUIT in quad:

15-20 x triceps dips on bench
2 x stadium step double leg hops
15-20 x bodyweight rows

B CIRCUIT on turf:

10 x mountain climber matrix
2 x 10 burpees

600m BAREFOOT run (grass lap)

CORE CIRCUIT

-60 sec. full sit ups w/ hands behind head
-60 sec. leg lifts w/ flutter & scissor
-60 sec. chest lifts w/ arms in front
-60 sec. Russian twists
-60 sec. push up position bird dogs

STRETCH CIRCUIT

FITNESS WARM-UP (wks 6-10) PHASE 2

600m BAREFOOT run (grass lap)

BAREFOOT CIRCUIT

-20m inchworms
-20m walking pillar dips
-20m walking leg swings
-60 sec. hip/trunk rotations
-60 sec. inverted splits
-60 sec. inverted scissors
-60 sec. chest eagles
-60 sec. back eagles
-20m backward prisoner lunge twist

Jog Variation Between Each:

-360 jog x 2
-lateral shuffle x 2
-lateral crossover x 2
-lateral saddle swing x 2

FITNESS COOL-DOWN (wks 6-10) PHASE 2

BAREFOOT CIRCUIT

-60 sec. heel raises
-60 sec. toe taps

CORE CIRCUIT

-3 x 40 sec. plank matrix

-60 sec. straight leg scoops
-60 sec. chest crawl
-60 sec. oscillating heel reach
-60 sec. elbow-to-knee bicycles
-60 sec. opposite arm/leg w/ lateral movement
-60 sec. suitcases

GSM CIRCUIT

STRETCH CIRCUIT

LADDER DRILLS

1. Forward double leg "hop scotch"
2. Forward double leg "slalom"
3. Forward double leg "snake"
4. Forward half step (x2)
5. Forward quick step
6. Lateral quick step
7. Lateral shuffle step
8. Lateral "x-country" switch step
9. Forward "icky shuffle"
10. Forward "speed skater"

MORNING FITNESS ROUTINE (wks 6-10) PHASE 2

60-90 sec per set. 30m run btwn each.

A: BAREFOOT CIRCUIT

SWISS BALL:

1. *Supine* inner thigh drop push
2. *Pone* stink bug to pike
3. *Lateral* oblique crunch (feet on wall)
4. *Supine* single leg hamstring curls
5. *Supine* leg lift twists
6. *Prone* back extension w/ ball under hips, arms under chin (feet on wall)
7. *Supine* hands to ankles ball pass
8. All Four on ball –Balance!
9. *Rotisserie* *supine* single heel on ball, hips up, rotate

MEDICINE BALL:

1. Good mornings ball overhead
2. Standing straight-arm circles
3. Sit up diagonal wood chops
4. Kettle bell swings to jump
5. *Lateral* standing straight-arm hand to hand toss
6. Inchworm roll out/back
7. Standing straight-arm twists
8. Pillar single leg forward dip "h" position double arm overhead press
9. Standing side to side slams

B: BAREFOOT CIRCUIT

SWISS BALL:

1. T-Ball knees/shins on ball, torso twist
2. *Supine* inner thigh drop push
3. *Prone* stink bugs *alternate* single leg lateral scissor
4. *Lateral* oblique twist (feet on wall)
5. *Supine* heel on ball single leg hip thrust
6. *Supine* trunk rotation ball btwn ankles
7. *Prone* hips on ball back extension arms straight in front (feet on wall)
8. *Supine* hand to ankle ball pass
9. *Prone* Russian twist, feet on ball, hands on bench, push leg through

MEDICINE BALL:

1. Around the world, full circles from hip ball out, straight arms
2. Diagonal single leg squat reach to toe hay bales
3. Standing knee lift straight arm twist
4. V up alternate straight leg straight arms ball to toe
5. Squat press jump
6. Inchworm bounce out/back
7. *Lateral* standing straight-arm rainbow
8. Pillar single leg clock bounce
9. Bird dogs, push-up position, hands on ball

WEIGHT CIRCUIT ROUTINE (wks 6-10) PHASE 2

2-3 circuits: MAX weight for 8 reps!

A: STRENGTH CIRCUIT

1. -8 x arm curls (dumbbells)
2. -triceps pushdowns (machine)
3. -8 x back lat pulls (machine)
4. -8 x suitcase squats (dumbbell)
5. -8 x standing "h" liberty press (dumbbell)
6. -8 x bent back fly double arm standing (dumbbells)
7. -8 x windmills (dumbbell)
8. -8 x front fly (barbells)
9. -8 x shoulder shrugs

B: STRENGTH CIRCUIT

1. -10+ back extensions
2. -8 x standing hip matrix (band)
3. -8 x one arm squat high pull (dumbbell)
4. -8 x push up rows (dumbbells)
5. -8 x standing "h" arm front/side raises (dumbbell)
6. -60 second running arms w/ weight
7. -8 x bar dips
8. -8 x dead lifts (barbell)
9. -16+ x side pulls (dumbbell)

STRETCH CIRCUIT ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg crossover, side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle away from same side glute)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to glute)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/Glute (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Glute/hip (corkscrew sit/ knee to chest)

G-S-M ROUTINE

1. 10 x Sway-back/Cat-back
2. 10 x Lateral **abductor** leg raises (inverted/neutral/out)
3. 10 x Lateral **adductor** leg raises (inverted/neutral/out)
4. 5 x Scorpion
5. 5 x Donkey whip
6. 5 x Fire hydrant
7. 10 x Standing straight leg lift matrix
8. 10 x Single leg bridge thrust

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MONDAY through SATURDAY track & field team practice attendance is mandatory.

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

PERFORMANCE WARM-UP (wks 11-15) PHASE 3

600m BAREFOOT run (grass lap)

2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossover-reach back

600m BAREFOOT run (grass lap)

20 sec. forward fence hurdles
20 sec. backward fence hurdles
20 sec. side to side leg swings
20 sec. front to back leg swings

600m BAREFOOT run (grass lap)

2 x 20m forward rotary run
w/ 60m acceleration
2 x 20m forward quick step
w/ 60m acceleration

MEDIUM warm-up run –time indicated on training calendar (10-25min).

PERFORMANCE COOL-DN (wks 11-15) PHASE 3

MEDIUM cool-down run –time indicated on training calendar (10-25min).

A CIRCUIT in quad:

2 x stadium step single leg hops
20 x triceps dips on bench
20 x bodyweight rows

B CIRCUIT on turf:

2 x 10 push up twists
2 x 10 split lunge hops

600m BAREFOOT run (grass lap)

CORE CIRCUIT

-90 sec. Pelé matrix (partner)
-90 sec. sit up push back (partner)
-60 second hyper (on table)

STRETCH CIRCUIT

FITNESS WARM-UP (wks 11-15) PHASE 3

600m BAREFOOT run (grass lap)

BAREFOOT CIRCUIT

-20m inchworms
-20m walking pillar dips
-20m walking leg swings
-60 sec. hip/trunk rotations
-60 sec. inverted splits
-60 sec. inverted scissors
-60 sec. chest eagles
-60 sec. back eagles
-20m backward prisoner lunge twist

Jog Variation Between Each:

-360 jog x 2
-lateral shuffle x 2
-lateral crossover x 2
-lateral saddle swing x 2

FITNESS COOL-DOWN (wks 11-15) PHASE 3

BAREFOOT CIRCUIT

-20m heel to toe walk
-20m ground grabbers

CORE CIRCUIT

-3 x 60 sec. plank matrix
-60 sec. V-ups
-60 sec. chest lifts w/ lateral reach
-60 sec. 3-ups
-60 sec. push up bird dogs
-60 sec. legs up alternate reach

GSM CIRCUIT

STRETCH CIRCUIT

LADDER DRILLS

1. Forward dbl leg "hop scotch"
2. Forward dbl leg "slalom"
3. Forward dbl leg "snake"
4. Forward half step (x2)
5. Forward quick step
6. Lateral quick step
7. Lateral shuffle step
8. Lateral "x-country" switch step
9. Forward "icky shuffle"
10. Forward "speed skater"

MORNING FITNESS ROUTINE (wks 11-15) PHASE 3

60-90 sec per set. 30m run btwn each.

A: BAREFOOT CIRCUIT

SWISS BALL:

1. *Supine* inner thigh drop push
2. *Prone* snl leg stink bugs
3. *Lateral* oblique crunch (feet on wall)
4. *Prone* back extension w/ ball under hips, arms in cross (feet on wall)
5. *Supine* hands to ankles ball pass
6. All Four on ball snl leg extension
7. *Lateral* side split leg raises

MEDICINE BALL:

1. Standing straight-arm circles
2. Sit up diagonal wood chops
3. Kettle bell swings to jump
4. Inchworm roll out/back
5. Standing straight-arm twists
6. Pillar snl leg forward dip to "h" position snl arm overhead press
7. Standing side to side slams

B: BAREFOOT CIRCUIT

SWISS BALL:

1. Straight arm rollout from knees
2. *Pone* stink bug to pike
3. *Supine* heels on ball snl leg hamstring curls / hip thrusts
4. *Lateral* oblique crunch twist (feet on wall)
5. *Supine* straight leg lift lateral movement
6. *Prone* hips on ball back extension alternating arm reach (feet on wall)
7. *Lateral* elbow stand (feet on bench, forearm on floor) knee drives

MEDICINE BALL:

1. Around the world, full circles from hip ball out straight arms
2. Standing knee lift straight arm twist
3. V up alternate straight leg straight arms ball to toe
4. Diagonal snl leg squat reach to toe drive to "h" hay bales
5. Inchworm bounce out/back
6. *Lateral* standing straight-arm rainbow
7. Pillar snl leg clock bounce

WEIGHT CIRCUIT ROUTINE (wks 11-15) PHASE 3

2-3 circuits: **MAX** weight for 8 reps!

A: STRENGTH CIRCUIT

1. -8 x arm curls (dumbbells)
2. -8 x front lat pulls (machine)
3. -8 x seated rows (machine)
4. -8 x squat to standing "h" military press (barbell)
5. -8 x bent fly matrix (dumbbell)
6. -8 x triceps press (dumbbell)
7. -8 x dbl leg box jumps

B: STRENGTH CIRCUIT

1. -8 x high-pulls or cleans (barbell)
2. -8 x standing bent row (barbell)
3. -8 x snl leg pillar dip (dumbbell)
4. -8 x incline press (dumbbells)
5. -8 x figure eight (kettlebell)
6. -16+ x side pulls (dumbbell)
7. -8 x bar dips

STRETCH CIRCUIT ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg crossover, side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle away from same side glute)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to glute)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/Glute (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Glute/hip (corkscrew sit/ knee to chest)

G-S-M ROUTINE

1. 10 x Sway-back/Cat-back
2. 10 x Lateral **abductor** leg raises (inverted/neutral/out)
3. 10 x Lateral **adductor** leg raises (inverted/neutral/out)
4. 5 x Scorpion
5. 5 x Donkey whip
6. 5 x Fire hydrant
7. 10 x Standing straight leg lift matrix
8. 20 x Bridge thrust marching

<p>JANUARY 29 ON YOUR OWN: •GSM Routine. •LSD run 90 min. •Stretch.</p>	<p>30 WINTER TRAINING VARSITY: ON YOUR OWN •SHAKEOUT run 10 min. ON YOUR OWN: 3:20PM •Performance Warm up. •Run EASY 20 min. •3-4 x RIM TRAIL HILL CIRCUITS @ 100% max effort on up hill, EASY run btwn each. •Run EASY 15 min. •Performance cool down. •2 x Track Strength circuit.</p>	<p>31 WINTER TRAINING VARSITY: ON YOUR OWN •RECOVERY run 20 min. ON YOUR OWN: 3:20PM •Fitness warm-up A. •Run 45 min. RECOVERY RUN. •Fitness cool down. •Weight circuit x 3.</p>	<p>FEBRUARY 1 WINTER TRAINING ON YOUR OWN: 3:20PM •Fitness warm-up B. •Run LSD 65-75 min. on Rim Trail. •Fitness cool down.</p>	<p>2 WINTER TRAINING OPEN HOUSE VARSITY: ON YOUR OWN •SHAKEOUT run 10 min. ON YOUR OWN: 3:20PM •Performance Warm up. •Run 20 min. •TRACK: 2 x 800m @ 20k pace, 800m @ 10k pace w/ 400m run btwn each •Run 10 min. •Performance cool down. •2 x Track Strength circuit.</p>	<p>3 WINTER TRAINING VARSITY: ON YOUR OWN •RECOVERY run 20 min. ON YOUR OWN: 3:20PM •Fitness warm-up A. •Run EASY 40 min. •4 x 150m @ 3200m pace. •Fitness cool down. •Weight circuit x 3.</p>	<p>4 WINTER TRAINING ON YOUR OWN: •Run EASY 40 min.</p>
<p>FEBRUARY 5 •GSM Routine. •LSD run 75-80 min. •Stretch.</p>	<p>6 VARSITY: 6:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •3 x 4 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy. •Run 10 min. •Performance cool down.</p>	<p>7 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up. •Run 35-40 min. •3-4 x 70m UPHILL strides on access road to track. •Fitness cool down. •Weight circuit x 2.</p>	<p>8 ALL TEAM: 3:20PM •Performance Warm up. •Run 25 min. •2 x 3 min. @ 10k, 2 min. easy, 2 min. @ 5k, 1 min. easy, 1 min. @ 3200m, 3 min. easy. •Run 15 min. •Performance cool down.</p>	<p>9 VARSITY: 6:30AM •Morning Fitness Circuit B •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine. •LSD run 65-70 min. HILLS on Rim Trail. •Ladder Drills.</p>	<p>10 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35-40 min. •3 x 150m @ 1600m w/ rolling 250m after each. •Fitness cool down.</p>	<p>11 ACT TEST DATE ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>FEBRUARY 12 ON YOUR OWN: •GSM Routine. •LSD run 80-85+ min. •Stretch.</p>	<p>13 VARSITY: 6:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •2 x 8 min. @ 20k, 2 min. easy, 4 min. @ 20k, 1 min. easy. •Run 10 min. •Performance cool down.</p>	<p>14 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35-40 min. •3-4 x 100m strides barefoot on turf. •Fitness cool down. •Weight circuit x 2.</p>	<p>15 ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •20-25 min. Rim Trail HILL CIRCUIT @ 100% max effort on up hill, easy run btwn each. •Run 15 min. •Performance cool down.</p>	<p>16 PARENT MEETING VARSITY: 6:30AM •Morning Fitness Circuit B •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine. •LSD run 65-70 min. •Ladder Drills. ALL PARENTS: 5:30PM Parent Meeting @ CHS MU</p>	<p>17 NO SCHOOL ALL TEAM: 9:00AM •Fitness warm-up. •RECOVERY run 35 min. •3 x 200m @ 3200m w/ rolling 200m after each. •Fitness cool down. VARSITY: ON YOUR OWN •RECOVERY run 25 min.</p>	<p>18 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>FEBRUARY 19 ON YOUR OWN: •GSM Routine. •LSD run 80-85+ min. •Stretch.</p>	<p>20 NO SCHOOL VARSITY: 7:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •3 x 6 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy. •Run 10 min. •Performance cool down.</p>	<p>21 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35-40 min. •3-4 x 70m UPHILL strides on access road to track. •Fitness cool down. •Weight circuit x 2.</p>	<p>22 ALL TEAM: 3:20PM •Performance Warm up. •Run 25 min. •2 x 3 min. @ 10k, 2 min. easy, 2 min. @ 5k, 1 min. easy, 1 min. @ 3200m, 3 min. easy. •Run 15 min. •Performance cool down.</p>	<p>23 VARSITY: 6:30AM •Morning Fitness Circuit B •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine. •LSD run 65-70 min. HILLS on Rim Trail. •Ladder Drills.</p>	<p>24 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:05PM •Performance Warm up. •RACE: Team Event Testing @ CHS •Run 30 min. •Performance cool down.</p>	<p>25 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>FEBRUARY 26 ON YOUR OWN: •GSM Routine. •LSD run 80-85+ min. •Stretch.</p>	<p>27 VARSITY: 6:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •2 x 9 min. @ 20k, 2 min. easy, 4 min. @ 20k, 1 min. easy. •Run 10 min. •Performance cool down.</p>	<p>28 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35-40 min. •3-4 x 100m strides barefoot on turf. •Fitness cool down. •Weight circuit x 2.</p>	<p>MARCH 1 ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •25-30 min. Rim Trail HILL CIRCUIT @ 100% max effort on up hill, easy run btwn each. •Run 15 min. •Performance cool down.</p>	<p>2 VARSITY: 6:30AM •Morning Fitness Circuit B •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine. •LSD run 65-70 min. •Ladder Drills.</p>	<p>3 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 9:00AM •Fitness warm-up. •RECOVERY run 35-40 min. •3 x 200m @ 3200m w/ rolling 200m after each. •Fitness cool down. •Weight circuit x 2.</p>	<p>4 ALL TEAM: 8:00AM Athletes arrive early to HELP SET UP FOR MEET! •Performance Warm up. •RACE: Red vs. Green Practice Meet @ CHS •Run 30 min. •Performance cool down.</p>

<p>MARCH 5 ON YOUR OWN: •GSM Routine. LSD run 75-80+ min. •Stretch.</p>	<p>6 NO SCHOOL ALL TEAM: 3:20PM •RECOVERY run 35 min. •GAME DAY •Stretch.</p>	<p>7 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35-40 min. 3 x 70m UPHILL strides on access road to track •Fitness cool down. •Weight circuit x 2.</p>	<p>8 ALL TEAM: 3:20PM •Performance Warm up. •Run 25 min. 2 x 800m @ 3200m, rolling 400m @ 1600m, rolling 200m, 200m @ 800m, rolling 200m, 200m @ 800m, rolling 400m •Run 15 min. •Performance cool down. •Stretch.</p>	<p>9 VARSITY: 6:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine LSD run 65-70 min. •Ladder Drills.</p>	<p>10 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. 3 x 150m @ 800m w/ rolling 250m after each •Fitness cool down. •Weight circuit x 2.</p>	<p>11 SAT TEST DATE ON YOUR OWN: •Pool or bike. •Stretch.</p>
<p>MARCH 12 ON YOUR OWN: •GSM Routine. LSD run 80-85+ min. •Stretch.</p>	<p>13 VARSITY: 7:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 25 min. 25+ min. TEMPO @ 20k •Run 10 min. •Performance cool down.</p>	<p>14 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35-40 min. 3-4 x 100m strides barefoot on turf •Fitness cool down. •Weight circuit x 2.</p>	<p>15 ALL TEAM: 3:05PM Athletes HELP SET UP FOR MEET immediately after their final period! •Performance Warm up. •Run 20+ min. RACE: DAL Meet vs. Clayton Valley @ CHS •Run 20-30 min. •Performance cool down.</p>	<p>16 VARSITY: 6:30AM •Morning Fitness Circuit B •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine LSD run 65-70 min. •Ladder Drills.</p>	<p>17 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. 3 x 200m @ 3200m w/ rolling 200m after each •Fitness cool down. •Weight circuit x 2.</p>	<p>18 ALL TEAM: TBA NO BUS. Athletes must get themselves to Dublin HS at time indicated on meet lineup. •Performance Warm up. •Run 20+ min. RACE: Dublin Distance Fiesta @ DHS •Run 20-30 min. •Performance cool down.</p>
<p>MARCH 19 ON YOUR OWN: •GSM Routine. LSD run 80-85+ min. •Stretch.</p>	<p>20 VARSITY: 6:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. 2 x 400m @ 10k, rolling 200m, 1200m @ 20k, rolling 200m, 800m @ 5k, rolling 400m •Run 10 min. •Performance cool down.</p>	<p>21 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35-40 min. 3 x 70m UPHILL strides on access road to track •Fitness cool down. •Weight circuit x 2.</p>	<p>22 ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. 8-10 x 500m @ 3200m w/ rolling 300m equal time after each •Run 15 min. •Performance cool down.</p>	<p>23 VARSITY: 6:30AM •Morning Fitness Circuit B •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine LSD run 65-70 min. •Ladder Drills.</p>	<p>24 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. 3 x 150m @ 800m w/ rolling 250m after each •Fitness cool down. •Weight circuit x 2.</p>	<p>25 ALL TEAM: TBA NO BUS. Athletes must get themselves to Foothill HS at time indicated on meet lineup. •Performance Warm up. •Run 20+ min. RACE: Bay Area Relays @ FHS •Run 20-30 min. •Performance cool down. —or— ON YOUR OWN: •Pool or bike. •Stretch.</p>
<p>MARCH 26 ON YOUR OWN: •GSM Routine. LSD run 80-85+ min. •Stretch.</p>	<p>27 VARSITY: 6:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 25 min. 25+ min. TEMPO @ 20k •Run 10 min. •Performance cool down.</p>	<p>28 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35-40 min. 3-4 x 100m strides barefoot on turf •Fitness cool down. •Weight circuit x 2.</p>	<p>29 ALL TEAM: 3:20PM •Performance Warm up. •Run 25 min. 2 x 800m @ 3200m, rolling 400m @ 1600m, rolling 200m, 200m @ 800m, rolling 200m, 200m @ 800m, rolling 400m •Run 15 min. •Performance cool down.</p>	<p>30 VARSITY: 6:30AM •Morning Fitness Circuit B •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine LSD run 65-70 min. •Ladder Drills.</p>	<p>31 VARSITY: ON YOUR OWN •RECOVERY run 25 min. SELECT ATHLETES: TBA •Performance Warm up. •Run 20+ min. RACE: Stanford Invite @ Stanford •Run 20-30 min. •Performance cool down. —or— ALL ATHLETES: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. 3 x 200m @ 3200m w/ rolling 200m after each •Fitness cool down. •Weight circuit x 2.</p>	<p>APRIL 1 SELECT ATHLETES: TBA •Performance Warm up. •Run 20+ min. RACE: Stanford Invite @ Stanford •Run 20-30 min. •Performance cool down. —or— ON YOUR OWN: •Pool or bike. •Stretch.</p>
<p>APRIL 2 ON YOUR OWN: •GSM Routine. LSD run 80-85+ min. •Stretch.</p>	<p>3 NO SCHOOL ALL TEAM: 9:00AM •Performance Warm up. •Run 20 min. 2 x 400m @ 10k, rolling 200m, 1200m @ 20k, rolling 200m, 800m @ 5k, rolling 400m •Run 10 min. •Performance cool down. VARSITY: 5:00PM •Morning Fitness Circuit A •SHAKEOUT run 10 min.</p>	<p>4 NO SCHOOL ALL TEAM: 9:00AM •Fitness warm-up. •RECOVERY run 35-40 min. 3 x 70m UPHILL strides on access road to track •Fitness cool down. •Weight circuit x 2. VARSITY: ON YOUR OWN •RECOVERY run 25 min.</p>	<p>5 NO SCHOOL ALL TEAM: 9:00AM •Performance Warm up. •Run 20 min. 8-10 x 500m @ 3200m w/ rolling equal time 300m after each •Run 15 min. •Performance cool down.</p>	<p>6 NO SCHOOL ALL TEAM: 9:00AM •GSM Routine LSD run 65-70 min. •Ladder Drills. VARSITY: 5:00PM •Morning Fitness Circuit B •SHAKEOUT run 10 min.</p>	<p>7 NO SCHOOL VARSITY: ON YOUR OWN •RECOVERY run 25 min. SELECT ATHLETES: TBA •Performance Warm up. •Run 20+ min. RACE: Twilight Invite @ Santa Rosa Junior College •Run 20-30 min. •Performance cool down. —or— SELECT ATHLETES: TBA •Performance Warm up. •Run 20+ min. RACE: Arcadia Invite @ AHS •Run 20-30 min. •Performance cool down.</p>	<p>8 ACT TEST DATE SELECT ATHLETES: TBA •Performance Warm up. •Run 20+ min. RACE: Arcadia Invite @ AHS •Run 20-30 min. •Performance cool down. —or— ON YOUR OWN: •Weight circuit x 3. •Pool or bike. •Stretch.</p>

<p>APRIL 9 ON YOUR OWN: •GSM Routine. •LSD run 80+ min. •Stretch.</p>	<p>10 ALL TEAM: 3:20PM •RECOVERY run 35 min. •GAME DAY •Stretch.</p>	<p>11 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. •3 x 100m strides barefoot on turf. •Fitness cool down. •Weight circuit x 2.</p>	<p>12 ALL TEAM: 1:45PM Athletes excused from class at 1:40PM. Bus leaves CHS at 1:45PM. •Performance Warm up. •Run 20+ min. RACE: DAL Meet vs. Acalanes @ AHS •Run 20-30 min. •Performance cool down.</p>	<p>13 VARSITY: 6:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine •LSD run 65 min. •Ladder Drills.</p>	<p>14 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. •3 x 200m @ 3200m w/ rolling 200m after each. •Fitness cool down.</p>	<p>15 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>APRIL 16 ON YOUR OWN: •GSM Routine. •LSD run 80+ min. •Stretch.</p>	<p>17 VARSITY: 6:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 25 min. •25+ min. TEMPO @ 20k. •Run 10 min. •Performance cool down.</p>	<p>18 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 40 min. •Fitness cool down. •Weight circuit x 2.</p>	<p>19 ALL TEAM: 3:05PM Athletes HELP SET UP FOR MEET immediately after their final period! •Performance Warm up. •Run 20+ min. RACE: DAL Meet vs. Las Lomas @ CHS •Run 20-30 min. •Performance cool down.</p>	<p>20 VARSITY: 6:30AM •Morning Fitness Circuit B •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine •LSD run 65 min. •Ladder Drills.</p>	<p>21 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. •3 x 150m @ acceleration to 95% max velocity w/ rolling 250m after each. •Fitness cool down.</p>	<p>22 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>APRIL 23 ON YOUR OWN: •GSM Routine. •LSD run 80+ min. •Stretch.</p>	<p>24 VARSITY: 6:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •4 x 1000m @ 5k, 400m @ 20k, w/ rolling 200m after each. •Run 10 min. •Performance cool down.</p>	<p>25 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. •3 x 100m strides barefoot on turf. •Fitness cool down. •Weight circuit x 2.</p>	<p>26 ALL TEAM: 1:45PM Athletes excused from class at 1:40PM. Bus leaves CHS at 1:45PM. •Performance Warm up. •Run 20+ min. RACE: DAL Meet vs. Miramonte @ MHS •Run 20-30 min. •Performance cool down.</p>	<p>27 VARSITY: 6:30AM •Morning Fitness Circuit B •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine •LSD run 65 min. •Ladder Drills.</p>	<p>28 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: TBA Athletes excused from class at TBA. Bus leaves CHS at TBA. •Performance Warm up. •Run 20+ min. RACE: Bob Warren Relays @ AHS •Run 20-30 min. •Performance cool down. -or- ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. •3 x 200m @ 3200m w/ rolling 200m after each. •Fitness cool down. •Weight circuit x 2.</p>	<p>29 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>30 ON YOUR OWN: •GSM Routine. •LSD run 80+ min. •Stretch.</p>	<p>MAY 1 AP TEST DATE VARSITY: 6:30AM •Morning Fitness Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 25 min. •25+ min. TEMPO @ 20k. •Run 10 min. •Performance cool down.</p>	<p>2 AP TEST DATE VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 40 min. •Fitness cool down. •Weight circuit x 2.</p>	<p>3 AP TEST DATE ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •4 x 800m @ 5k w/ rolling 200m after each. •Run EASY 5 min. •3 x 200m @ 600m, rolling 200m after each. •Run 10 min. •Performance cool down.</p>	<p>4 AP TEST DATE VARSITY: ON YOUR OWN •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine •LSD run 65 min. •Ladder Drills.</p>	<p>5 AP TEST DATE ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. •3 x 150m @ acceleration to 95% max velocity w/ rolling 250m after each. •Fitness cool down.</p>	<p>6 SAT TEST DATE ALL TEAM: 1:00PM Help set up for meet! •Performance Warm up. •Run 20+ min. RACE: DAL Championship Trials @ CHS •Run 20 min. •Performance cool down.</p>
<p>MAY 7 ON YOUR OWN: •Pool or bike. •Stretch.</p>	<p>8 AP TEST DATE VARSITY: 6:30AM •Morning Fitness Circuit B •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •GSM Routine. •LSD run 80+ min. •Ladder Drills.</p>	<p>9 AP TEST DATE ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •4 x 1000m @ 5k, 400m @ 20k, w/ rolling 200m after each. •Run 10 min. •Performance cool down.</p>	<p>10 AP TEST DATE VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:30PM •Fitness warm-up. •RECOVERY run 35 min. •3 x 100m strides barefoot on turf. •Fitness cool down. •Weight circuit x 2.</p>	<p>11 AP TEST DATE VARSITY: ON YOUR OWN •SHAKEOUT run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •LSD run 50 min. •2-3 x 500m @ 10k w/ 100m walk back recovery btwn each. •Post season cool down.</p>	<p>12 AP TEST DATE ALL TEAM: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. •3 x 200m @ 3200m w/ rolling 200m after each. •Fitness cool down.</p>	<p>13 ALL TEAM: 9:00AM Help set up for meet! •Performance Warm up. •Run 20+ min. RACE: DAL Championship Finals @ CHS •Run 20 min. •Performance cool down.</p>

MAY 14 ON YOUR OWN: •Pool or bike. •Stretch.	15 VARSITY: ON YOUR OWN •SHAKEOUT run 10 min. VARSITY: 3:20PM •GSM Routine. •HSD run 75 min. •Stretch.	16 VARSITY: 3:20PM •Performance Warm up. •Run 20 min. •100-110-120-130-140-150-160-170-180-190-200m start first rep @ 1600m and increase pace each rep so that final rep is @ 400m, w/ equal distance run back btwn each. •Run 15 min. •Performance cool down.	17 VARSITY: ON YOUR OWN •RECOVERY run 20 min. VARSITY: 3:20PM •Fitness warm-up. •RECOVERY run 40 min. •Fitness cool down. •Weight circuit x 2.	18 VARSITY: 3:20PM •Performance Warm up. •Run 20 min. •7-8 x 500m @ 10k w/ 100m walk back recovery btwn each. •Run 5 min. •Post season cool down.	19 VARSITY: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. •3 x 100m strides barefoot on turf. •Post season cool down.	20 SENIOR BALL VARSITY: 9:00AM NO BUS. Athletes must get themselves to Foothill HS at time indicated on meet lineup. •Performance Warm up. •Run EASY 20+ min. RACE: NCS Finals @ Foothill HS •Run EASY 20 min. •Performance cool down.
MAY 21 ON YOUR OWN: •Pool or bike. •Stretch.	22 VARSITY: ON YOUR OWN •SHAKEOUT run 10 min. VARSITY: 3:20PM •GSM Routine. •HSD run 75 min. •Stretch.	23 VARSITY: 3:20PM •Performance Warm up. •Run 20 min. •4 x 800m @ 5k w/ rolling 200m after each. •Run EASY 5 min. •3 x 200m @ 800m, rolling 200m after each. •Run 10 min. •Performance cool down.	24 VARSITY: ON YOUR OWN •RECOVERY run 20 min. VARSITY: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. •Fitness cool down. –or– •Fitness warm-up. •Run 30 min. •4-5 x 500m @ 10k w/ 100m walk back recovery btwn each. •Run 5 min. •Fitness cool down.	25 VARSITY: 3:20PM •Fitness warm-up. •Run 20 min. •6-7 x 500m @ 10k w/ 100m walk back recovery btwn each. •Run 5 min. •Post season cool down. –or– •Fitness warm-up. •RECOVERY run 30 min. •3 x 100m strides barefoot on turf. •Fitness cool down.	26 VARSITY: 3:20PM •Fitness warm-up. •RECOVERY run 30 min. •3 x 100m strides barefoot on turf. •Post season cool down. –or– VARSITY: TBA NO BUS. Athletes must get themselves to Edwards Stadium at time indicated on meet lineup. •Performance Warm up. •Run 20+ min. RACE: MOC Trials @ UC Berkeley Edwards Stdm •Run 20 min. •Performance cool down.	27 VARSITY: TBA NO BUS. Athletes must get themselves to Edwards Stadium at time indicated on meet lineup. •Performance Warm up. •Run 20+ min. RACE: MOC Finals @ UC Berkeley Edwards Stdm •Run 20 min. •Performance cool down.
MAY 28 ON YOUR OWN: •Pool or bike. •Stretch.	29 NO SCHOOL VARSITY: ON YOUR OWN •SHAKEOUT run 10 min. VARSITY: 3:20PM •GSM Routine. •HSD run 75 min. •Stretch.	30 VARSITY: 3:20PM •Performance Warm up. •Run 20 min. •100-110-120-130-140-150-160-170-180-190-200m start first rep @ 1600m and increase pace each rep so that final rep is @ 400m, w/ equal distance run back btwn each. •Run 15 min. •Performance cool down.	31 AWARDS NIGHT VARSITY: ON YOUR OWN •RECOVERY run 20 min. VARSITY: 3:20PM •Fitness warm-up. •RECOVERY run 35 min. •Fitness cool down. –or– •Fitness warm-up. •Run 30 min. •4-5 x 500m @ 10k w/ 100m walk back recovery btwn each. •Run 5 min. •Fitness cool down. ALL TEAM: 5:30PM Awards Night @ CHS MU.	JUNE 1 VARSITY: 3:20PM •Fitness warm-up. •Run 20 min. •5-6 x 500m @ 10k w/ 100m walk back recovery btwn each. •Run 5 min. •Post season cool down. –or– •Fitness warm-up. •RECOVERY run 25 min. •3 x 100m strides barefoot on turf. •Fitness cool down.	2 VARSITY: 3:20PM •Fitness warm-up. •RECOVERY run 25 min. •3 x 100m strides barefoot on turf. •Post season cool down. –or– VARSITY: TBA •Performance Warm up. •Run 20+ min. RACE: CIF Trials @ Buchanan HS •Run 20 min. •Performance cool down.	3 SAT TEST DATE VARSITY: TBA •Performance Warm up. •Run 20+ min. RACE: CIF Finals @ Buchanan HS •Run 20 min. •Performance cool down.

Campolindo High School • COUGAR TRACK & FIELD • 2017 Season Calendar

MONDAY through SATURDAY track & field team practice attendance is mandatory.
Schedule conflicts with daily practice must be discussed with coaches PRIOR to absence!