

COUGAR CROSS COUNTRY

2017 FALL SEASON SPEED/STRENGTH/AGILITY SCHEDULE

MONDAY through SATURDAY cross country team practice attendance is mandatory.

PHASE 1 WARM UP & COOL DOWN PROCEDURES BELOW:

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

• 500m 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

• 500m 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

• 500m 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 forward step-up/knee drive
10-15 x bodyweight rows

B CIRCUIT on field:

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

• 500m 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

• 500m BAREFOOT run (grass lap)

BAREFOOT CIRCUIT

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

AGILITY CIRCUITS (wks 1-5) PHASE 1

A: AGILITY CIRCUITS

CIRCUIT A:

1. Square Drill
2. Zigzag Drill
3. Five-ten-Five Drill
4. "M" Drill

CIRCUIT B:

1. Lateral Sprint Drill
2. Cross Drill
3. "Z" Drill
4. "T" Drill

CIRCUIT C:

1. "L" Drill
2. Team Speed & Agility
3. Ladder Drill to 10 yard Sprint
4. Four Drill

STRENGTH CIRCUIT ROUTINE (wks 1-5) PHASE 1

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 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

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2017 FALL SEASON SPEED/STRENGTH/AGILITY SCHEDULE

MONDAY through SATURDAY cross country team practice attendance is mandatory.

PHASE 2 WARM UP & COOL DOWN PROCEDURES BELOW:

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

• 500m 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

• 500m 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

• 500m BAREFOOT run (grass lap)

2 x 20m forward rotary run
w/ 60m acceleration
2 x 20m forward 3rd stride quick stride
w/ 60m 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 field:

10 x mountain climber matrix
2 x 10 burpees

• 500m BAREFOOT run (grass lap)

CORE CIRCUIT

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

STRETCH CIRCUIT

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

• 500m BAREFOOT run (grass lap)

BAREFOOT CIRCUIT

-20m inchworms
-20m walking leg swings
-20m walking pillar dips
-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"

AGILITY CIRCUITS (wks 6-10) PHASE 2

A: AGILITY CIRCUITS

CIRCUIT A:

1. Square Drill
2. Zigzag Drill
3. Five-ten-Five Drill
4. "M" Drill

CIRCUIT B:

1. Lateral Sprint Drill
2. Cross Drill
3. "Z" Drill
4. "T" Drill

CIRCUIT C:

1. "L" Drill
2. Team Speed & Agility
3. Ladder Drill to 10 yard Sprint
4. Four Drill

WEIGHT CIRCUIT ROUTINE (wks 6-10) PHASE 2

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

COUGAR CROSS COUNTRY

2017 FALL SEASON SPEED/STRENGTH/AGILITY SCHEDULE

MONDAY through SATURDAY cross country team practice attendance is mandatory.

PHASE 3 WARM UP & COOL DOWN PROCEDURES BELOW:

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

• 500m 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

• 500m 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

• 500m 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 field:

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

• 500m BAREFOOT run (grass lap)

BAREFOOT CIRCUIT

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

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"

AGILITY CIRCUITS (wks 11-15) PHASE 3

A: AGILITY CIRCUITS

CIRCUIT A:

1. Square Drill
2. Zigzag Drill
3. Five-ten-Five Drill
4. "M" Drill

CIRCUIT B:

1. Lateral Sprint Drill
2. Cross Drill
3. "Z" Drill
4. "T" Drill

CIRCUIT C:

1. "L" Drill
2. Team Speed & Agility
3. Ladder Drill to 10 yard Sprint
4. Four Drill

WEIGHT CIRCUIT ROUTINE (wks 11-15) PHASE 3

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 13	<p>14 NO SCHOOL TOP 14: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 10 min.</p> <p>ALL TEAM: 3:00-6:00PM *Fitness warm-up. *RECOVERY run 30-50 min. *SHARKS & MINNOWS. *Fitness cool down.</p>	<p>15 NO SCHOOL VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:00-6:00PM *Fitness warm-up. *RECOVERY run 30 min. *WATER RELAY. *Fitness cool down.</p> <p>COUGAR DAY: Veterans sign up for recruiting table shifts 7am-3pm.</p>	<p>16 NO SCHOOL TOP 14: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 15 min.</p> <p>ALL TEAM: 3:00-6:00PM *Performance Warm up. *Run EASY 10 min. *300m time trial @ 100% max effort w/ 5 min. walk 500m recovery after. *6-8 x 180m INTENSIVE TEMPO @ 800m pace, w/ 2 min. 220m jog btwn each. *Run EASY 5 min. *Performance cool down.</p>	<p>17 NO SCHOOL ALL TEAM: 3:00-6:00PM *GSM Routine. *Run EASY 15 min. *10-12 x 120m turf diagonal @ 1600m pace w/ walk across end zone recovery btwn each. *Weight circuit.</p>	<p>18 NO SCHOOL TOP 14: 7:00-7:45AM *Morning Circuit A *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:00-6:00PM *Fitness warm-up. *RECOVERY run 30 min. *ULTIMATE FRISBEE. *Fitness cool down.</p>	<p>19 ALL TEAM: 9:00-11:00AM *Pool workout. *Stretch.</p>
AUGUST 20 ON YOUR OWN: *GSM Routine. *Run LSD 35-45+ min. *Stretch.	<p>21 TOP 14: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 10 min. *4 x 70m SPRINT.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *2 x 300m @ 800m pace w/ 3 min. jog 500m recovery after each. *2 x 200m @ 1600m pace w/ 30 sec. standing rest after each. *HILL REPETITIONS: 4-6 x 120m @ 80% max effort, w/ EASY jog back to start btwn each. *Run EASY 5 min. *Performance cool down. *Weight circuit.</p>	<p>22 PARENT MEETING VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 30 min. *WATER RELAY. *Fitness cool down.</p> <p>PARENTS: 5:30-6:30PM *Parent Meeting in MU</p>	<p>23 TOP 14: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 15 min.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *4 x 50m accelerate / 150m easy on football field sideline. *300m time trial @ 100% max effort w/ 5 min. walk 500m recovery after. *2 x 250m @ 1600m pace w/ 1 min. walk across recovery after each. *2 x 300m @ 800m pace w/ 5 min. walk 400m recovery after each. *Run EASY 5 min. *Performance cool down.</p>	<p>24 ALL TEAM: 3:20-5:45PM *GSM Routine. *Run EASY 15 min. *12-14 x 100m @ 1600m pace every 60 sec. on turf. *Weight circuit.</p>	<p>25 TOP 14: 7:00-7:45AM *Morning Circuit B *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 30 min. *ULTIMATE FRISBEE. *Fitness cool down.</p>	<p>26 ALL TEAM: 8:00AM-11:30AM NO bus. Athletes must arrive at Hidden Valley Park by 8:00am! *Hidden Valley Park Course Work: Bring Hoes, Shovels, Rakes, Weed-whackers, & GLOVES! ALL TEAM: ON OWN *Pool workout or bike. *Stretch.</p>
AUGUST 27 ON YOUR OWN: *GSM Routine. *Run LSD 45-55+ min. *Stretch.	<p>28 TOP 14: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 10 min. *4 x 70m SPRINT.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *6-8 x 180m @ 800m pace, w/ 2 min. 220m jog btwn each. *HILL REPETITIONS: 4-6 x 120m @ 80% max effort, w/ EASY jog back to start btwn each. *Run EASY 5 min. *Performance cool down. *Weight circuit.</p>	<p>29 VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *3-4 x 100m STRIDES. *Fitness cool down. *Agility Circuit.</p>	<p>30 TOP 14: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 15 min.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *4 x 50m accelerate / 150m easy on football field sideline. *2 x 300m @ 1600m pace w/ 1 min. walk across recovery after each. *2 x 4 x 40m @ 100% max velocity w/ 35 sec. walk back recovery after each segment, 4 minute walk 400m recovery after each set. *Run EASY 5 min. *Performance cool down.</p>	<p>31 ALL TEAM: 3:20-5:45PM *GSM Routine. *Run EASY 20 min. *12-14 x 120m turf diagonal @ 1600m pace w/ walk across end zone recovery btwn each. *Weight circuit.</p>	<p>SEPTEMBER 1 TOP 14: 7:00-7:45AM *Morning Circuit A *RECOVERY run 25 min.</p> <p>ALL TEAM: 1:45-6:30PM Bus leaves CHS at 1:45pm! *Performance Warm up. *EASY run 25 min. RACE: Little Ed Practice Race @ Hidden Valley Park *EASY run 20 min. *Performance cool down. *Help clean up!</p>	<p>2 ALL TEAM: 9:00-11:00AM *Pool workout. *Stretch.</p>
SEPTEMBER 3 ON YOUR OWN: *GSM Routine. *Run LSD 45-55+ min. *Stretch.	<p>4 NO SCHOOL TOP 14: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 10 min. *4 x 80m SPRINT.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *3 x 300m @ 800m pace w/ 3 min. jog 500m recovery after each. *2 x 200m @ 1600m pace w/ 30 sec. standing rest after each. *HILL REPETITIONS: 4-6 x 130m @ 80% max effort, w/ EASY jog back to start btwn each. *Run EASY 5 min. *Performance cool down. *Weight circuit.</p>	<p>5 VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *3-4 x 100m STRIDES. *Fitness cool down. *Agility Circuit.</p>	<p>6 TOP 14: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 15 min.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *4 x 50m accelerate / 150m easy on football field sideline. *300m time trial @ 100% max effort w/ 8 min. walk 500m recovery after. *2 x 250m @ 1600m pace w/ 1 min. walk across recovery after each. *2 x 300m @ 800m pace w/ 5 min. walk 400m recovery after each. *Run EASY 5 min. *Performance cool down.</p>	<p>7 BCK TO SCHL NHT ALL TEAM: 3:20-5:45PM *GSM Routine. *Run EASY 20 min. *14-16 x 100m @ 1600m pace every 60 sec. on turf. *Weight circuit.</p>	<p>8 TOP 14: 7:00-7:45AM *Morning Circuit B *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *3 x 200m @ 1600m w/ equal distance jog btwn each. *Fitness cool down. *Agility Circuit.</p>	<p>9 ACT TEST DATE ALL TEAM: 7:00AM-2:30PM NO bus. All athletes must arrive at Hidden Valley Park by 7:00am! *Performance Warm up. *EASY run 25 min. RACE: Ed Sias Invitational @ Hidden Valley Park *EASY run 20 min. *Performance cool down. *Help clean up!</p>
SEPTEMBER 10 ON YOUR OWN: *GSM Routine. *Run LSD 50-60+ min. *Stretch.	<p>11 TOP 14: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 10 min. *4 x 80m SPRINT.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *6-8 x 180m @ 800m pace, w/ 2 min. 220m jog btwn each. *HILL REPETITIONS: 4-6 x 140m @ 80% max effort, w/ EASY jog back to start btwn each. *Run EASY 5 min. *Performance cool down. *Weight circuit.</p>	<p>12 VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *4 x 100m STRIDES. *Fitness cool down. *Agility Circuit.</p>	<p>13 TOP 14: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 15 min.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *4 x 50m accelerate / 150m easy on football field sideline. *2 x 300m @ 1600m pace w/ 1 min. walk across recovery after each. *2 x 4 x 40m @ 100% max velocity w/ 35 sec. walk back recovery after each segment, 4 minute walk 400m recovery after each set. *Run EASY 5 min. *Performance cool down.</p>	<p>14 ALL TEAM: 3:20-5:45PM *GSM Routine. *Run EASY 20 min. *14-16 x 120m turf diagonal @ 1600m pace w/ walk across end zone recovery btwn each. *Weight circuit.</p>	<p>15 TOP 14: 7:00-7:45AM *Morning Circuit A *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *3 x 200m @ 1600m w/ equal distance jog btwn each. *Fitness cool down. *Agility Circuit.</p>	<p>16 ALL TEAM: 7:45AM-1:00PM NO bus. All athletes must arrive at Newhall Park by 7:30am. *Performance Warm up. *EASY run 25 min. RACE: DLS Invitational @ Newhall Park *EASY run 20 min. *Performance cool</p>

2017 FALL SEASON SPEED/STRENGTH/AGILITY SCHEDULE

Practice is NEVER Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SEPTEMBER 17 ON YOUR OWN: *GSM Routine. *Run LSD 45-55+ min. *Stretch.</p>	<p>18 ALL TEAM: 3:20-5:15PM *Morning Circuit A *Classroom Lecture. *Self Massage Session.</p>	<p>19 VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:15PM *Fitness warm-up. *RECOVERY run 35 min. *Fitness cool down. *Agility Circuit.</p>	<p>20 TOP 14: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 10 min.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *4 x 60m accelerate / 140m easy on football field sideline. *2 x 300m @ 90% max effort w/ 4 min. walk 800m recovery after each. *2 x 250m @ 1600m pace w/ 1 min. walk across recovery after each. *2 x 300m @ 800m pace w/ 5 min. walk 400m recovery after each. *Run EASY 5 min. *Performance cool down.</p>	<p>21 ALL TEAM: 3:20-5:45PM *GSM Routine. *Run EASY 20 min. *2 x 5-6 x 150m @ 1600 pace w/ 50m walking recovery btwn reps. 4 min. 400m walking recovery btwn sets. *Weight circuit.</p>	<p>22 *Morning Circuit B *RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *3 x 150m @ 800m w/ equal distance jog btwn each. *Fitness cool down. *Agility Circuit.</p>	<p>23 ALL TEAM: 9:00-11:00AM *Pool workout. *Stretch.</p>
<p>SEPTEMBER 24 ON YOUR OWN: *GSM Routine. *Run LSD 50-60+ min. *Stretch.</p>	<p>25 TOP 14: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 10 min. *4 x 70m SPRINT.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *6-8 x 200m @ 800m pace, w/ 2 min. 200m jog btwn each. *HILL REPETITIONS: 4-6 x 150m @ 80% max effort, w/ EASY jog back to start btwn each. *Run EASY 5 min. *Performance cool down. *Weight circuit.</p>	<p>26 VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *4 x Ladder into 90m STRIDES. *Fitness cool down. *Agility Circuit.</p>	<p>27 TOP 14: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 15 min.</p> <p>ALL TEAM: 1:45-6:30PM Bus leaves CHS at 1:45pm! *Performance Warm up. *EASY run 25 min. RACE: DAL Center Meet @ Hidden Valley Park *EASY run 20 min. *Performance cool down.</p>	<p>28 ALL TEAM: 3:20-5:45PM *GSM Routine. *Run EASY 25 min. *14-16 x 120m turf diagonal @ 1600m pace w/ walk across endzone recovery btwn each. *Weight circuit.</p>	<p>29 TOP 14: 7:00-7:45AM *Morning Circuit A *RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *3 x 200m @ 1600m w/ equal distance jog btwn each. *Fitness cool down. *Agility Circuit.</p>	<p>30 ALL TEAM: 6:00AM-2:00PM NO Bus. All athletes must arrive at Haggins Oaks Golf Complex by 7:30am! *Performance Warm up. *Run EASY 25 min. RACE: Capital Cross Challenge @ Haggins Oaks Golf Complex. *Run EASY 20 min. *Performance cool down.</p>
<p>OCTOBER 1 ON YOUR OWN: *GSM Routine. *Run LSD 50-60+ min. *Stretch.</p>	<p>2 TOP 14: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 10 min. *4 x 70m SPRINT.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *8-10 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. *3-4 x 70m up hill stride on access road to track w/ walk back recovery after each. *Run EASY 5 min. *Performance cool down. *Weight circuit.</p>	<p>3 VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *4 x Ladder into 90m STRIDES. *Fitness cool down. *Agility Circuit.</p>	<p>4 TOP 14: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 15 min.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *4 x 60m accelerate / 140m easy on football field sideline. *4 x 40m SPRINT w/ 25 sec. walk back recovery after each. *2 x 200m @ 800m pace w/ 30 sec. standing rest after each. *4 x 40m SPRINT w/ 25 sec. walk back recovery after each. *Run EASY 5 min. *Performance cool down.</p>	<p>5 ALL TEAM: 3:20-5:45PM *GSM Routine. *Run EASY 25 min. *2 x 6-7 x 150m @ 1600 pace w/ 50m walking recovery btwn reps. 4 min. 400m walking recovery btwn sets. *Weight circuit.</p>	<p>6 TOP 14: 7:00-7:45AM *Morning Circuit B *RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *3 x 150m @ 800m w/ equal distance jog btwn each. *Fitness cool down. *Agility Circuit.</p>	<p>7 SAT TEST DATE ALL TEAM: 8:00AM-1:00PM NO Bus. All athletes must arrive at Hidden Valley Park by 8:00am! *Performance Warm up. *Run EASY 10 min. RACE: Orienteering Championships @ Hidden Valley Park *TEAM BBQ! *Help clean up!</p>
<p>OCTOBER 8 ON YOUR OWN: *GSM Routine. *Run LSD 50-60+ min. *Stretch.</p>	<p>9 NO SCHOOL TOP 14: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 10 min. *4 x 80m SPRINT.</p> <p>ALL TEAM: 3:00-5:45PM *Performance Warm up. *Run EASY 10 min. *6-8 x 200m @ 800m pace, w/ 2 min. 200m jog btwn each. *HILL REPETITIONS: 4-6 x 150m @ 80% max effort, w/ EASY jog back to start btwn each. *Run EASY 5 min. *Performance cool down. *Weight circuit.</p>	<p>10 VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *4 x Ladder into 90m STRIDES. *Fitness cool down. *Agility Circuit.</p>	<p>11 TOP 14: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 15 min.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *4 x 60m accelerate / 140m easy on football field sideline. *2 x 300m @ 90% max effort w/ 4 min. walk 800m recovery after each. *2 x 250m @ 1600m pace w/ 1 min. walk across recovery after each. *2 x 300m @ 800m pace w/ 5 min. walk 400m recovery after each. *Run EASY 5 min. *Performance cool down.</p>	<p>12 ALL TEAM: 3:20-5:45PM *GSM Routine. *Run EASY 25 min. *14-16 x 120m turf diagonal @ 1600m pace w/ walk across endzone recovery btwn each. *Weight circuit.</p>	<p>13 TOP 14: AM ON OWN *RECOVERY run 20 min.</p> <p>TOP 50: 8:30AM-9PM Bus leaves CHS at 8:30am! *Performance Warm up. *EASY run 25 min. RACE: Roughrider Invitational @ Woodward Park *EASY run 20 min. *Performance cool down.</p> <p>ALL OTHERS: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *3 x 200m @ 1600m w/ equal distance jog btwn each. *Fitness cool down. *Agility Circuit.</p>	<p>14 PSAT TEST DATE ALL TEAM: 9:00-11:00AM *Pool workout. *Stretch.</p>
<p>OCTOBER 15 ON YOUR OWN: *GSM Routine. *Run LSD 50-60+ min. *Stretch.</p>	<p>16 VARSITY: 6:30-7:00AM *Morning Circuit A *Run EASY 10 min. *4-6 x 70m H.I.T.</p> <p>ALL TEAM: 3:20-5:45AM *Performance Warm up. *Run EASY 10 min. *8-10 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. *3-4 x 70m up hill stride on access road to track w/ walk back recovery after each. *Run EASY 5 min. *Performance cool down. *Weight circuit.</p>	<p>17 VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *4 x Ladder into 90m STRIDES. *Fitness cool down. *Agility Circuit.</p>	<p>18 ALL TEAM: 3:20-5:45PM *Performance Warm up. *Run EASY 10 min. *4 x 60m accelerate / 140m easy on football field sideline. *4 x 40m SPRINT w/ 25 sec. walk back recovery after each. *2 x 200m @ 800m pace w/ 30 sec. standing rest after each. *4 x 40m SPRINT w/ 25 sec. walk back recovery after each. *Run EASY 5 min. *Performance cool down.</p>	<p>19 VARSITY: 6:30-7:00AM *Morning Circuit B *Run EASY 10 min. *4-6 x 60m H.I.T.</p> <p>ALL TEAM: 3:20-5:45PM *GSM Routine. *Run EASY 25 min. *2 x 6-7 x 150m @ 1600 pace w/ 50m walking recovery btwn reps. 4 min. 400m walking recovery btwn sets. *Weight circuit.</p>	<p>20 TOP 14: 7:00-7:45AM *Morning Circuit B *RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *RECOVERY run 35 min. *3 x 150m @ 800m w/ equal distance jog btwn each. *Fitness cool down. *Agility Circuit.</p>	<p>21 ALL TEAM: 2:00-4:00PM NO bus. All athletes must arrive at CHS track by 1:00pm. *Performance Warm up. *EASY run 25 min. RACE: 1600m Time Trials @ CHS *EASY run 20 min. *Performance</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OCTOBER 22 ON YOUR OWN: •GSM Routine. •Run LSD 45-55 min. •Stretch.</p>	<p>23 ALL TEAM: 3:20-5:15PM •GAME DAY</p>	<p>24 VETERANS: AM ON OWN •GSM Routine. •RECOVERY run 20 min. ALL TEAM: 3:20-5:15PM •Fitness warm-up. •EASY run 35 min. •Fitness cool down. •Agility Circuit.</p>	<p>25 TOP 14: 7:00-7:45AM •Morning Circuit A •SHAKEOUT run 10 min. ALL TEAM: 1:45-6:30PM <i>Bus leaves CHS at 1:45pm!</i> •Performance Warm up. •EASY run 25 min. RACE: DAL Center Meet @ Newhall Park •EASY run 20 min. •Performance cool down. •Help clean up!</p>	<p>26 ALL TEAM: 3:20-5:45PM •GSM Routine. •Run EASY 20 min. •14-16 x 120m turf diagonal @ 1600m pace w/ walk across endzone recovery btwn each. •Weight circuit.</p>	<p>27 TOP 14: 7:00-7:45AM •Morning Circuit B •RECOVERY run 20 min. ALL TEAM: 3:20-5:30PM •Fitness warm-up. •RECOVERY run 35 min. •3 x 200m @ 1600m w/ equal distance jog btwn each. •Fitness cool down. •Agility Circuit.</p>	<p>28 ACT TEST DATE ALL TEAM: 9:00-11:00AM •Performance Warm up. •EASY run 15 min. •40min MYSTERY FARTLEK •Performance</p>
<p>OCTOBER 29 ON YOUR OWN: •GSM Routine. •Run LSD 50-60 min. •Stretch.</p>	<p>30 VARSITY: 7:00-7:45AM •Morning Circuit A •SHAKEOUT run 10 min. ALL TEAM: 3:20-5:45PM •Performance Warm up. •Run EASY 10 min. •8-10 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. •3-4 x 70m up hill stride on access road to track w/ walk back recovery after each. •Run EASY 5 min. •Performance cool down. •Weight circuit.</p>	<p>31 VARSITY: AM ON OWN •GSM Routine. •RECOVERY run 20 min. ALL TEAM: 3:20-5:30PM •Fitness warm-up. •EASY run 35 min. •4 x 60m SPRINT from box start •Fitness cool down. •Agility Circuit.</p>	<p>NOVEMBER 1 VARSITY: 7:00-7:45AM •Morning Circuit B •SHAKEOUT run 10 min. ALL TEAM: 3:20-5:45PM •Performance Warm up. •Run EASY 10 min. •4 x 60m accelerate / 140m easy on football field sideline. •2 x 300m @ 90% max effort w/ 6 min walk 800m recovery after each. •2 x 200m @ 800m pace w/ 30 sec standing rest after each. •4 x 40m SPRINT w/ 25 sec walk back recovery after each. •Run EASY 5 min. •Performance cool down.</p>	<p>2 ALL TEAM: 3:20-5:45PM •Performance Warm up. •Run EASY 15 min. •6-8 x 500m TEMPO LOOPS @ 10k pace w/ 100m walk back recovery btwn each. •Run EASY 5 min. •Performance cool down.</p>	<p>3 VARSITY: 7:00-7:45AM •Morning Circuit A •RECOVERY run 20 min. ALL TEAM: 3:20-5:15PM •Fitness warm-up. •EASY run 25-35 min. •4 x 100m STRIDES from box start •Fitness cool down. ALL TEAM: 6:45-9:00PM •Movie Night in CPAC</p>	<p>4 SAT TEST DATE ALL TEAM: 10:00AM-5:30PM <i>NO bus. All athletes must arrive at Hidden Valley Park by 11:00am.</i> •Performance Warm up. •EASY run 25 min. RACE: DAL Championships @ Hidden Valley Park •EASY run 20 min. •Performance cool down. •Help clean up!</p>