

COUGAR CROSS COUNTRY

2017 SUMMER DISTANCE SCHEDULE

***SIGN UP FOR THE MORAGA 4TH OF JULY RACE! GO TO www.campotrack.com FOR INSTRUCTIONS!**

NOTE CIRCUIT TRAINING #1, #2 & #3 FOR TUESDAY, THURSDAY & SATURDAY SESSIONS:

FITNESS CIRCUIT #1

CIRCUIT #1

100m jog between each:

- 1-eagles, on chest, heel to hand
- 2-eagles, on back, toe to hand
- 3-side leg raises, toe twists
- 4-abductor resistance half squat circles
(push knees out)
- 5-scoops
- 6-hands & knees scorpions
- 7-traditional push ups
- 8-low-reach crunch
- 9-hands & knees hydrants
- 10-adductor resistance half squat circles
(push knees in)
- 11-opposite arm/leg raises, on chest
- 12-alternate-reach crunch

STRENGTH CIRCUIT #1

CIRCUIT #1

3 x 8-10 reps each. Use heavy weight!

- A1- Push-Up Row w/ dumbbells/kettlebells
- A2-Squat-Press w/ landmine
- A3- Bent Reverse Fly w/ dumbbell

- B1-Arm Curls w/ dumbbells
- B2-Dead Lift w/ barbell
- B3-Triceps Press w/ dumbbell

- C1-Upright Rows w/ barbell/kettlebell
- C2-Dbf Leg Box Jumps
- C3-Pull Ups w/ band

FITNESS CIRCUIT #2

CIRCUIT #2

100m jog between each:

- 1-hip/trunk rotations, on back, shldr flat
- 2-forearm get ups, one arm at a time
- 3-pistons, "h" position to full extension
- 4-side clams
- 5-hands & knees bird dogs
- 6-side crunches
- 7-lunges (forward in place)
- 8-chest lifts
- 9-hurdle position leg lifts
- 10-thrusts
- 11-mountain climbers
- 12-suitcases

STRENGTH CIRCUIT #2

CIRCUIT #2

3 x 8-10 reps each. Use heavy weight!

- A1- Bench Press w/ dumbbells
- A2-Walking-Lunge Press w/ dumbbells
- A3- Bent Rows w/ dumbbell

- B1-60 sec Running Arms w/ dumbbells
- B2-Sngl Leg Pillar Dip w/ dumbbell
- B3-Seated Incline Dbl Triceps Press

- C1-Front/Side Arm Raises w/ dumbbell
- C2-Dbf Leg Box Hop Matrix
- C3-Pull Ups w/ band

FITNESS CIRCUIT #3

CIRCUIT #3

100m jog between each:

- 1-eagles, on chest, heel to hand
- 2-eagles, on back, toe to hand
- 3-forearm stand, side leg raises, toe twists
- 4-superdogs
- 5-lateral walk push ups
- 6-v-ups
- 7-forearm stand bent leg raises
- 8-sitting bicycle
- 9- legs up arm crawl
- 10-oscillating heel reach
- 11-elbow stand bent leg raises
- 12- push up position bird dogs

STRENGTH CIRCUIT #3

CIRCUIT #3

3 x 8-10 reps each. Use heavy weight!

- A1-Push-Up Row w/ dumbbells/kettlebells
- A2-One-Arm High Pulls w/ dumbbell
- A3-Bent Reverse Fly w/ dumbbell

- B1-Arm Curls w/ dumbbells
- B2-Kettlebell Swing
- B3-Bar Dips

- C1-Upright Rows/ w/ barbell/kettlebell
- C2-Dbf Leg "Down-Up" Box Jumps
- C3-Pull Ups w/ band

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>JUNE 12 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #1. •15 min recovery run + 4-6 x 40m on 110m off. •Strength circuit #1.</p> <p>Campolindo Recovery Run 5:00PM Meet at CHS lower grass field: •25-30 min recovery run.</p>	<p>13 Kings Trail Run 5:00PM Meet at CHS front parking lot: We will then car pool to St. Monica's Church: 101 Camino Pablo, Moraga. •40-65 min sustained pace run on King's Canyon loop.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>14 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #2. •15 min recovery run. •Strength circuit #2.</p> <p>Old San Pablo Trail Run 5:00PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •30-35 min run.</p>	<p>15 Lafayette Community Park 5:00PM Meet at Lafayette Community Park: 480 St. Mary's Road. •Run easy 30-50 min with some fun random tempo surges!</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>16 Moraga Commons Run 8:00AM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #1. •20-30 min recovery run: Stop at St. Mary's College athletic fields. •4 x 100m STRIDES.</p>	<p>17 Redwood Park Run 8:00AM Meet at CHS front parking lot: We will then car pool to the Redwood Gate entrance of Redwood Regional Park, on Redwood Road. •45-75 min sustained pace run. Single track on the French Trail! Mostly shaded, but hilly.</p>
<p>JUNE 19 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #1. •20 min recovery run + 4-6 x 40m on 110m off. •Strength circuit #1.</p> <p>Campolindo Recovery Run 5:00PM Meet at CHS lower grass field: •30-35 min recovery run.</p>	<p>20 Reservoir Rim Trail Run 5:00PM Meet at CHS lower field: •50-70 min sustained pace run on the Rim Trail.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>21 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #2. •20 min recovery run. •Strength circuit #2.</p> <p>Hidden Valley Park Run 5:00PM Meet at Hidden Valley Park: Center Avenue, Martinez. •35-40 min run on DAL Championship course.</p>	<p>22 Campolindo Fartlek Run 5:00PM Meet at CHS lower grass field: •20 min warm up run. •5 x 2 min easy, 2 min tempo, 1 min easy, 1 min tempo. •10 min cool down run.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>23 Moraga Commons Run 8:00AM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #1. •25-35 min recovery run: Stop at St. Mary's College athletic fields. •4 x 100m STRIDES.</p>	<p>24 Tilden Park Run 8:00AM Meet at CHS front parking lot: We will then car pool to the Inspiration Point Trail Head on Wildcat Canyon Road in Tilden Park. •50-80 min sustained pace run. Long group goes to the top of Wildcat Peak! Check out the amazing view!</p>
<p>JUNE 26 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #1. •20 min recovery run + 4-6 x 50m on 100m off. •Strength circuit #1.</p> <p>Campolindo Recovery Run 5:00PM Meet at CHS lower grass field: •30-35 min recovery run.</p>	<p>27 Kings Trail Run 5:00PM Meet at CHS front parking lot: We will then car pool to St. Monica's Church: 101 Camino Pablo, Moraga. •50-70 min sustained pace run on King's Canyon loop.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>28 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #2. •20 min recovery run. •Strength circuit #2.</p> <p>Old San Pablo Trail Run 5:00PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •40-45 min run.</p>	<p>29 Lafayette Community Park 5:00PM Meet at Lafayette Community Park: 480 St. Mary's Road. •20 min warm up run. •4 x 2 min easy, 3 min tempo, 1 min easy, 1 min tempo. •10 min cool down run.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>30 Moraga Commons Run 8:00AM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #1. •25-35 min recovery run: Stop at St. Mary's College athletic fields. •4 x 100m STRIDES.</p>	<p>JULY 1 Bay View Trail Run 8:00AM Meet at CHS front parking lot: We will then car pool to the Sequoia Bay View Trail Head on Skyline Blvd, Oakland. •55-85 min sustained pace run. Lots of shaded trail, redwood trees and views of the bay!</p>
<p>JULY 3 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #1. •20 min recovery run + 4-6 x 50m on 100m off. •Strength circuit #1.</p> <p>Campolindo Recovery Run 5:00PM Meet at CHS lower grass field: •30-35 min recovery run.</p>	<p>4 July 4th Race Meet at Moraga Shopping Center 7:00AM •20 min warm up run. •2 mile (Rookies) or 5 mile (Veterans) race. •20 min cool down run. •Pancake Breakfast!</p> <p><i>All athletes are expected to participate! Register at: www.campotrack.com</i></p>	<p>5 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #2. •20 min recovery run. •Strength circuit #2.</p> <p>Hidden Valley Park Run 5:00PM Meet at Hidden Valley Park: Center Avenue, Martinez. •40-45 min run on DAL Championship course.</p>	<p>6 Lafayette Community Park 5:00PM Meet at Lafayette Community Park: 480 St. Mary's Road. •20 min warm up run. •6 x 2 min easy, 2 min tempo, 1 min easy, 1 min tempo. •10 min cool down run.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>7 Moraga Commons Run 8:00AM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #1. •30-40 min recovery run: Stop at St. Mary's College athletic fields. •4 x 100m STRIDES.</p>	<p>8 Redwood Park Run 8:00AM Meet at CHS front parking lot: We will then car pool to the Redwood Gate entrance of Redwood Regional Park, on Redwood Road. •60-90 min sustained pace run. Single track on the French Trail! Mostly shaded, but hilly.</p>
<p>JULY 10 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #1. •25 min recovery run + 4-6 x 60m on 90m off. •Strength circuit #1.</p> <p>Campolindo Recovery Run 5:00PM Meet at CHS lower grass field: •30-35 min recovery run.</p>	<p>11 Reservoir Rim Trail Run 5:00PM Meet at CHS lower field: •60-80 min sustained pace run on the Rim Trail.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>12 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #2. •20 min recovery run. •Strength circuit #2.</p> <p>Old San Pablo Trail Run 5:00PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •45-50 min run.</p>	<p>13 Campolindo Fartlek Run 5:00PM Meet at CHS lower grass field: •20 min warm up run. •5 x 2 min easy, 3 min tempo, 1 min easy, 1 min tempo. •10 min cool down run.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>14 Moraga Commons Run 8:00AM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #1. •30-40 min recovery run: Stop at St. Mary's College athletic fields. •4 x 100m STRIDES.</p>	<p>15 DIPSEA TRAIL RUN & BBQ - BEACH TRIP! Leave CHS 7:00AM: drive to Mill Valley. •70-95 min. run over Mt. Talmalpais on famous Dipsea Trail! Then play at Stinson Beach and BBQ. So much fun!</p> <p>Return 4pm. WE NEED PARENT DRIVERS!</p> <p><i>All athletes should attend this trip! Parent drivers sign up on team web site: www.campotrack.com</i></p>

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<p>JULY 17 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #2. •25-30 min recovery run + 4-6 x 60m on 90m off. •Strength circuit #3.</p> <p>Campolindo Recovery Run 5:00PM Meet at CHS lower grass field: •30-35 min recovery run.</p>	<p>18 Kings Trail Run 5:00PM Meet at CHS front parking lot: We will then car pool to St. Monica's Church: 101 Camino Pablo, Moraga. •60-80 min sustained pace run on King's Canyon loop.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>19 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #3. •25-30 min recovery run. •Strength circuit #2.</p> <p>Hidden Valley Park Run 5:00PM Meet at Hidden Valley Park: Center Avenue, Martinez. •45-50 min run on DAL Championship course.</p>	<p>20 Lafayette Community Park 5:00PM Meet at Lafayette Community Park: 480 St. Mary's Road. •20 min warm up run. •4 x 2 min easy, 4 min tempo, 1 min easy, 1 min tempo. •10 min cool down run.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>21 Moraga Commons Run 8:00AM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #2. •35-40 min recovery run: Stop at St. Mary's College athletic fields. •4 x 100m STRIDES.</p>	<p>22 Phoenix Lake Run 8:00AM Meet at CHS front parking lot: We will then car pool to Phoenix Lake Park on Lagunitas Road in Kentfield. •70-95 min. sustained pace run. Amazing trails around Mt. Tamalpais reservoir system. Mostly shaded, but hilly. Stop for lunch in Kent after the run. Late return: around 12:30pm.</p>
<p>JULY 24 HSU RUNNING CAMP</p> <p><i>All athletes are encouraged to attend this camp! Sign up by June 20! Details at: www.campotrack.com</i></p> <ul style="list-style-type: none"> • 25 min morning run through Community Forest. • 40-80 min Clam Beach run. River crossing! Finish on the beach! 	<p>25 HSU RUNNING CAMP</p> <p><i>All athletes are encouraged to attend this camp! Sign up by June 20! Details at: www.campotrack.com</i></p> <ul style="list-style-type: none"> • 25 min morning run through Arcata. • 40-60 min FARTLEK through Patrick's Point Park. Amazing ocean views! War paint! 	<p>26 HSU RUNNING CAMP</p> <p><i>All athletes are encouraged to attend this camp! Sign up by June 20! Details at: www.campotrack.com</i></p> <ul style="list-style-type: none"> • 25 min morning run through Community Forest. • 40-60 min EASY pace run through Arcata Bird Estuary. 	<p>27 HSU RUNNING CAMP</p> <p><i>All athletes are encouraged to attend this camp! Sign up by June 20! Details at: www.campotrack.com</i></p> <ul style="list-style-type: none"> • 20 min morning run through Arcata. • 70-120 min long run on Tall Trees trail. Most amazing run ever. World's tallest tree. 	<p>28 HSU RUNNING CAMP</p> <p><i>All athletes are encouraged to attend this camp! Sign up by June 20! Details at: www.campotrack.com</i></p> <ul style="list-style-type: none"> •40 minute run to see Shirley. 	<p>29 Bay View Trail Run 8:00AM Meet at CHS front parking lot: We will then car pool to the Sequoia Bay View Trail Head on Skyline Blvd, Oakland. •55-85 min sustained pace run. Lots of shaded trail, redwood trees and views of the bay!</p>
<p>JULY 31 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #2. •25-30 min recovery run + 4-6 x 70m on 80m off. •Strength circuit #3.</p> <p>Campolindo Recovery Run 5:00PM Meet at CHS lower grass field: •35-40 min recovery run.</p>	<p>AUGUST 1 Reservoir Rim Trail Run 5:00PM Meet at CHS lower field: •60-80 min sustained pace run on the Rim Trail.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>2 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #3. •25-30 min recovery run. •Strength circuit #2.</p> <p>Old San Pablo Trail Run 5:00PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •45-50 min run.</p>	<p>3 Campolindo Fartlek Run 5:00PM Meet at CHS lower grass field: •20 min warm up run. •5 x 2 min easy, 3 min tempo, 1 min easy, 1 min tempo. •10 min cool down run.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>4 Moraga Commons Run 8:00AM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #2. •35-40 min recovery run: Stop at St. Mary's College athletic fields. •4 x 100m STRIDES.</p>	<p>5 Lake Chabot Run 8:00AM Meet at CHS front parking lot: We will then car pool to Lake Chabot, in Hayward. •80-120 min. sustained pace run. Great trail around the lake. The drive is worth it. Stop in Montclair for burritos on return trip! Late return: Around 12pm.</p>
<p>AUGUST 7 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #2. •25-30 min recovery run + 4-6 x 70m on 80m off. •Strength circuit #3.</p> <p>Campolindo Recovery Run 5:00PM Meet at CHS lower grass field: •35-40 min recovery run.</p>	<p>8 Kings Trail Run 5:00PM Meet at CHS front parking lot: We will then car pool to St. Monica's Church: 101 Camino Pablo, Moraga. •60-80 min sustained run on King's Canyon loop.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>9 Speed/Strength Training 8:00AM Meet at CHS track: •Fitness circuit #3. •25-30 min recovery run. •Strength circuit #2.</p> <p>Hidden Valley Park Run 5:00PM Meet at Hidden Valley Park: Center Avenue, Martinez. •45-50 min run on DAL Championship course.</p>	<p>10 Lafayette Community Park 5:00PM Meet at Lafayette Community Park: 480 St. Mary's Road. •20 min warm up run. •5 x 2 min easy, 4 min tempo, 1 min easy, 1 min tempo. •10 min cool down run.</p> <p>Speed/Strength Training 5:00PM Meet at CHS track: •Multi-sport fitness training.</p>	<p>11 Moraga Commons Run 8:00AM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #2. •35-40 min recovery run: Stop at St. Mary's College athletic fields. •4 x 100m STRIDES.</p>	<p>12 POINT REYES TRAIL RUN & BBQ - BEACH TRIP! Leave CHS 7:00AM: drive to Point Reyes. •90-130 min run over Mt. Wittenberg and back on Bear Valley trail. Then play at Heart's Desire Beach and BBQ.</p> <p>Return 4pm. WE NEED PARENT DRIVERS!</p> <p><i>All athletes should attend this trip! Parent drivers sign up on team web site: www.campotrack.com</i></p>

Please join Campolindo cross country for all of these summer activities! These sessions are open to all levels of experience and ability. New athletes are especially welcome! Veteran athletes will be on hand at each session to help newcomers get started. Duration and intensity of workouts are based on current fitness level of each individual. No one does more than they are ready to do.

Athletes who plan to participate in fall cross country are strongly encouraged to take part in these summer workout opportunities. It is the best way to be prepared for the fall training and racing season! Don't miss the July 4th Race, the Beach Trips and Running Camp! They are all a blast!