

COUGAR CROSS COUNTRY

2017 FALL SEASON TRAINING 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 "sialom"
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 ROUTINES (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. *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

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. All Four on ball –Balance!
7. *Prone* hips on ball back extension arms straight in front (feet on wall)
8. *Supine* hand to ankle ball pass

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

STRENGTH ROUTINES (wks 1-5) PHASE 1

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

GENERAL STRENGTH CIRCUIT

A1. -8 x arm curls (dumbbells)
A2. -8 x triceps push downs (machine)
A3. -8 x hip sag glute squeeze (dumbbell)

B1. -8 x front lat pulls (machine)
B2. -8 x military press (dumbbells)
B3. -16 x single leg squat taps (box)

C1. -8 x bench press (dumbbells)
C2. -8 x bent row (dumbbells)
C3. -8 x standing hip matrix (band)

LEG STRENGTH CIRCUIT

1. -8 x full squats (barbell)
2. -8 x dead lifts (barbell)
3. -8 x box jump matrix (box)

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 **abductor** 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 CROSS COUNTRY

2017 FALL SEASON TRAINING 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"

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. *Prone* stink bug to pike
 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. *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
- #### B: BAREFOOT CIRCUIT
- #### SWISS BALL:
1. T-Ball knees/shins on ball, torso twist
 2. *Supine* inner thigh drop push
 3. *Prone* stink bugs 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
- #### 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

WEIGHT CIRCUIT ROUTINE (wks 6-10) PHASE 2

- 2-3 circuits: **MAX** weight for 8 reps!
- #### GENERAL STRENGTH CIRCUIT
- A1. -60 second running arms w/ weight
A2. -8 x bar dips
A3. -8 x lunge matrix (dumbbells)
- B1. -8 x back lat pulls (machine)
B2. -8 x front/side arm raises (dumbbells)
B3. -8 x squat-press (landmine)
- C1. -8 x push up rows (dumbbells)
C2. -8 x bent fly matrix (dumbbell)
C3. -8 x prone hip flexor/glute lifts (band)
- #### LEG STRENGTH CIRCUIT
1. -8 x one arm squat high pull (dumbbell)
 2. -8 x kettle bell swing
 3. -8 x down-up box jumps (boxes)

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 TRAINING 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"

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* sngl 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 sngl 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 sngl leg forward dip to "h" position sngl arm overhead press
7. *Rotisserie* *supine* single heel on ball, hips up, rotate

B: BAREFOOT CIRCUIT

SWISS BALL:

1. Straight arm rollout from knees
2. *Pone* stink bug to pike
3. *Supine* heels on ball double 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 sngl leg squat reach to toe drive to "h" hay bales
5. Inchworm bounce out/back
6. *Lateral* standing straight-arm rainbow
7. Pillar sngl leg clock bounce

WEIGHT CIRCUIT ROUTINE (wks 11-15) PHASE 3

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

GENERAL STRENGTH CIRCUIT

- A1. -8 x arm curls (dumbbells)
- A2. -8 x triceps push downs (machine)
- B1. -8 x front lat pulls (machine)
- B2. -8 x seated rows (machine)
- C1. -8 x incline press (dumbbells)
- C2. -8 x bar dips

LEG STRENGTH CIRCUIT

1. -8 x squat to standing "h" military press (barbell)
2. -8 x windmill (dumbbell)
3. -8 x dbl leg hurdle jumps

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

2017 FALL SEASON SCHEDULE Athletes Expected to Attend All Practice Sessions! Practice is NEVER Cancelled!

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. *EASY run 15-20 min. *1200m TIME TRIAL *1 x 4 min. @10k, 3 min. easy, 3 min. @ 5k, 2 min. easy, 2 min. @ 3200m. *EASY run 15 min. *Performance cool down.</p>	<p>17 NO SCHOOL ALL TEAM: 3:00-6:00PM *GSM Routine. *LSD run 50-70 min. to Commons, St. Mary's loop & back on Rheem. *Ladder Drills. *Leg Strength 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. *General Strength Circuit.</p>	<p>19 ALL TEAM: 9:00-11:00AM *Pool workout. *Self massage session.</p>
<p>AUGUST 20 ALL: ON OWN *GSM Routine. *LSD run 75-90 min. *Stretch.</p>	<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. *EASY run 20 min. *3 x 5 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy. *EASY run 10 min. *Performance cool down.</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. *General Strength Circuit.</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. *EASY run 15-20 min. *25-30 min. Rim Trail HILL CIRCUIT @ 100% max effort on up hill, EASY run btwn each. *EASY run 15 min. *Performance cool down.</p>	<p>24 ALL TEAM: 3:20-5:45PM *GSM Routine. *LSD run 60-70 min. out & back to Staging Area & Kings Trail. *Ladder Drills. *Leg Strength 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. *General Strength Circuit.</p>	<p>26 ALL TEAM: 7:45AM-11:45AM 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. *Self massage session.</p>
<p>AUGUST 27 ALL: ON OWN *GSM Routine. *LSD run 80-90 min. *Stretch.</p>	<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. *EASY run 20 min. *2 x 8 min. @ 20k, 2 min. easy, 4 min. @ 20k, 1 min. easy. *EASY run 10 min. *Performance cool down.</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. *General Strength 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. *EASY run 20 min. *1 x 4 min. @10k, 3 min. easy, 3 min. @ 5k, 2 min. easy, 2 min. @ 3200m, 3 min. easy, 3 min. @10k, 2 min. easy, 2 min. @ 5k, 1 min. easy, 1 min. @ 3200m. *EASY run 15 min. *Performance cool down.</p>	<p>31 ALL TEAM: 3:20-5:45PM *GSM Routine. *LSD run 65-75 min. on Rim Trail. *Ladder Drills. *Leg Strength 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. *General Strength Circuit. *Self massage session.</p>
<p>SEPTEMBER 3 ALL: ON OWN *GSM Routine. *LSD run 80-90 min. *Stretch.</p>	<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: 3:00-5:45PM *Performance Warm up. *EASY run 20 min. *3 x 6 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy. *EASY run 10 min. *Performance cool down.</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. *General Strength 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. *EASY run 20 min. *25-30 min. Rim Trail HILL CIRCUIT @ 100% max effort on up hill, EASY run btwn each. *EASY run 15 min. *Performance cool down.</p>	<p>7 BCK TO SCHL NHT ALL TEAM: 3:20-5:45PM *GSM Routine. *LSD run 65-75 min. out & back to Staging Area & Kings Trail. *Ladder Drills. *Leg Strength 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. *General Strength 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>
<p>SEPTEMBER 10 ALL: ON OWN *GSM Routine. *LSD run 80-90 min. *Stretch.</p>	<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. *EASY run 20 min. *2 x 9 min. @ 20k, 2 min. easy, 4 min. @ 20k, 1 min. easy. *EASY run 10 min. *Performance cool down.</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. *General Strength 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. *EASY run 20 min. *2 x 4 min. @10k, 3 min. easy, 3 min. @ 5k, 2 min. easy, 2 min. @ 3200m, 4 min. easy. *EASY run 15 min. *Performance cool down.</p>	<p>14 ALL TEAM: 3:20-5:45PM *GSM Routine. *LSD run 65-75 min. on Rim Trail. *Ladder Drills. *Leg Strength 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. *General Strength 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 down.</p>

2017 FALL SEASON SCHEDULE Athletes Expected to Attend All Practice Sessions! Practice is NEVER Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SEPTEMBER 17 ALL: ON OWN *GSM Routine. *LSD run 70-80 min. *Stretch.</p>	<p>18 ALL TEAM: 3:20-5:15PM *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. *General Strength 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. *EASY run 20 min. *25-30 min. Rim Trail HILL CIRCUIT @ 100% max effort on up hill. EASY run btwn each. *EASY run 15 min. *Performance cool down.</p>	<p>21 ALL TEAM: 3:20-5:45PM *GSM Routine. *LSD run 55-65 min. out & back to Commons & down St. Mary's trail. *Ladder Drills. *Leg Strength Circuit.</p>	<p>22 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. *General Strength Circuit.</p>	<p>23 ALL TEAM: 9:00-11:00AM *Pool workout. *Self massage session.</p>
<p>SEPTEMBER 24 ALL: ON OWN *GSM Routine. *LSD run 75-85 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. *EASY run 20 min. *3 x 4 min. @ 10k, 1 min. easy, 3 min. @ 5k, 2 min. easy. *EASY run 10 min. *Performance cool down.</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. *General Strength 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. *LSD run 60-70 min. to Commons, St. Mary's loop & back on Rheem. *Ladder Drills. *Leg Strength 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. *General Strength Circuit.</p>	<p>30 ALL TEAM: 9:00-11:00AM *Pool workout. *Self massage session.</p> <p>ALL TEAM: 6:00AM-2:00PM NO Bus. All athletes must arrive at Haggins Oaks Golf Complex by TBA! *Performance Warm up. *EASY run 25 min. RACE: Captial Cross Challenge Invitational @ Haggins Oaks Golf Complex *EASY run 20 min. *Performance cool down.</p>
<p>OCTOBER 1 ALL: ON OWN *GSM Routine. *LSD run 75-85 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. *EASY run 20 min. *TEMPO run 25 min. @ 20k. *EASY run 15 min. *Performance cool down.</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. *General Strength 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. *EASY run 20 min. *4 x 1000m or 4 x 1500m SURGE INTERVALS @ 10k first 300m / 3200m last 200m of each 500m w/ rolling 500m recovery btwn each. *EASY run 15 min. *Performance cool down.</p>	<p>5 ALL TEAM: 3:20-5:45PM *GSM Routine. *LSD run 65-70 min. out & back to Staging Area & Kings Trail. *Ladder Drills. *Leg Strength 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. *General Strength 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 ALL: ON OWN *GSM Routine. *LSD run 75-85 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. *EASY run 20 min. *3 x 4 min. @ 10k, 1 min. easy, 3 min. @ 5k, 2 min. easy. *EASY run 10 min. *Performance cool down.</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. *General Strength 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. *EASY run 20 min. *25-30 min. Rim Trail HILL CIRCUIT @ 100% max effort on up hill. EASY run btwn each. *EASY run 15 min. *Performance cool down.</p>	<p>12 ALL TEAM: 3:20-5:45PM *GSM Routine. *LSD run 65-70 min. to Commons, St. Mary's loop & back on Rheem. *Ladder Drills. *Leg Strength 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.</p>	<p>14 PSAT TEST DATE ALL TEAM: 9:00-11:00AM *Pool workout. *General Strength Circuit. *Self Massage Session.</p>
<p>OCTOBER 15 ALL: ON OWN *GSM Routine. *LSD run 75-85 min. *Stretch.</p>	<p>16 TOP 14: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 10 min. *4 x 80m SPRINT</p> <p>ALL TEAM: 3:20-5:45AM *Performance Warm up. *EASY run 20 min. *TEMPO run 25 min. @ 20k. *EASY run 15 min. *Performance cool down.</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. *General Strength Circuit.</p>	<p>18 TOP 14: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 15 min.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *EASY run 20 min. *4 x 1000m or 4 x 1500m SURGE INTERVALS @ 10k first 300m / 3200m last 200m of each 500m w/ rolling 500m recovery btwn each. *EASY run 15 min. *Performance cool down.</p>	<p>19 ALL TEAM: 3:20-5:45PM *GSM Routine. *LSD run 65-70 min. out & back to Staging Area & Kings Trail. *Ladder Drills. *Leg Strength 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. *General Strength 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 cool down.</p>

2017 FALL SEASON SCHEDULE Athletes Expected to Attend All Practice Sessions! Practice is NEVER Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OCTOBER 22 ALL: ON OWN *GSM Routine. *LSD run 70-80 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.</p> <p>ALL TEAM: 3:20-5:15PM *Fitness warm-up. *EASY run 35 min. *Fitness cool down. *General Strength Circuit.</p>	<p>25 TOP 14: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 10 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 @ Newhall Park *EASY run 20 min. *Performance cool down. *Help clean up!</p>	<p>26 ALL TEAM: 3:20-5:45PM *GSM Routine. *LSD run 60-65 min. to Commons, St. Mary's loop & back on Rheem. *Ladder Drills.</p>	<p>27 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 200m @ 1600m w/ equal distance jog btwn each. *Fitness cool down. *General Strength Circuit.</p>	<p>28 ACT TEST DATE ALL TEAM: 9:00-11:00AM *Performance Warm up. *EASY run 15 min. *40min MYSTERY FARTLEK *Performance cool down.</p>
<p>OCTOBER 29 ALL: ON OWN *Pool or bike. *Self Massage.</p>	<p>30 VARSIITY: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 10 min.</p> <p>ALL TEAM: 3:20-5:45PM *GSM Routine. *LSD run 70-80 min. *Stretch.</p>	<p>31 VARSIITY: AM ON OWN *GSM Routine. *RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20-5:30PM *Fitness warm-up. *EASY run 35 min. *4 x 60m SPRINT from box start *Fitness cool down. *General Strength Circuit.</p>	<p>NOVEMBER 1 VARSIITY: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 10 min.</p> <p>ALL TEAM: 3:20-5:45PM *Performance Warm up. *EASY run 20 min. *TEMPO run 15 min. @ 20k. *EASY run 3 min. *4 x 90 sec. @ 3200m, 90 sec. easy *EASY run 10 min. *Performance cool down.</p>	<p>2 ALL TEAM: 3:20-5:45PM *GSM Routine. *LSD run 45 min. out & back. *3-4 x 500m @ 10k w/ 100m walk back recovery btwn each. *EASY run 5 min. *Ladder Drills.</p>	<p>3 VARSIITY: 7:00-7:45AM *Morning Circuit A *RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20-5:15PM *EASY run 25-35 min. *4 x 100m STRIDES from box start *Fitness cool down.</p> <p>ALL TEAM: 6:45-9:00PM *Movie Night in CPAC</p>	<p>4 SAT TEST DATE ALL TEAM: 10:00AM-5:30PM NO bus. All athletes must arrive at Hidden Valley Park by 11:00am. *Performance Warm up. *EASY run 25 min. RACE: DAL Championships @ Hidden Valley Park *EASY run 20 min. *Performance cool down. *Help clean up!</p>
<p>NOVEMBER 5 VARSIITY: ON OWN *Pool or bike. *Self Massage.</p>	<p>6 VARSIITY: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 10 min.</p> <p>VARSIITY: 3:20-5:45PM *GSM Routine. *LSD run 80 min. *Stretch.</p>	<p>7 VARSIITY: AM ON OWN *GSM Routine. *RECOVERY run 20 min.</p> <p>VARSIITY: 3:20-5:30PM *Fitness warm-up. *EASY run 35 min. *4 x 60m SPRINT from box start *Fitness cool down. *General Strength Circuit.</p>	<p>8 VARSIITY: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 10 min.</p> <p>VARSIITY: 3:20-5:45PM *Performance Warm up. *EASY run 20 min. *2 x 1600m, 2 x 800m @ 5k w/ equal time rec btwn each. *EASY run 15 min. *Performance cool down.</p>	<p>9 VARSIITY: 3:20-5:45PM *GSM Routine. *LSD run 60-65 min. to Commons, St. Mary's loop & back on Rheem. *Ladder Drills. *Leg Strength Circuit.</p>	<p>10 NO SCHOOL VARSIITY: 7:00-7:45AM *Morning Circuit B *RECOVERY run 20 min.</p> <p>VARSIITY: 3:20-5:30PM *Fitness warm-up. *EASY run 35 min. *3 x 200m @ 1600m w/ equal distance jog btwn each. *Fitness cool down. *General Strength Circuit.</p>	<p>11 VARSIITY: 7:00-11:30AM Drive to Hayward HS. Carpool leaves CHS at 7:00am! *Performance Warm up. *EASY run 15 min. *40min MYSTERY FARTLEK *Performance cool down.</p>
<p>NOVEMBER 12 VARSIITY: ON OWN *Pool or bike. *Self Massage.</p>	<p>13 VARSIITY: 7:00-7:45AM *Morning Circuit A *SHAKEOUT run 10 min.</p> <p>VARSIITY: ON OWN *GSM Routine. *LSD run 75 min. *Stretch.</p>	<p>14 VARSIITY: AM ON OWN *GSM Routine. *RECOVERY run 20 min.</p> <p>VARSIITY: 3:20-5:30PM *Fitness warm-up. *EASY run 35 min. *4 x 60m SPRINT from box start *Fitness cool down. *General Strength Circuit.</p>	<p>15 VARSIITY: 7:00-7:45AM *Morning Circuit B *SHAKEOUT run 20 min.</p> <p>VARSIITY: 3:20-5:45PM *Performance Warm up. *EASY run 20 min. *TEMPO run 15 min. @ 20k. *EASY run 3 min. *4 x 90 sec. @ 3200m, 90 sec. easy *EASY run 10 min. *Performance cool down.</p>	<p>16 VARSIITY: 3:20-5:45PM *GSM Routine. *LSD run 45 min. out & back. *3-4 x 500m @ 10k w/ 100m walk back recovery btwn each. *EASY run 5 min. *Ladder Drills.</p>	<p>17 VARSIITY: 3:20-5:15PM *Fitness warm-up. *EASY run 25 min. *4 x 100m STRIDES from box start *Fitness cool down.</p>	<p>18 VARSIITY: TBA Car pool TBA. *Performance Warm up. *EASY run 25 min. RACE: NCS Championships @ Hayward HS *EASY run 20 min. *Performance cool down.</p>
<p>NOVEMBER 19 VARSIITY: ON OWN *Pool or bike. *Self Massage.</p>	<p>20 NO SCHOOL VARSIITY: 9:00-11:00AM *GSM Routine. *LSD run 75 min. *Stretch.</p>	<p>21 NO SCHOOL VARSIITY 9:00-11:00AM *Fitness warm-up. *EASY run 35 min. *4 x 60m SPRINT from box start *Fitness cool down.</p> <p>VARSIITY: PM ON OWN *GSM Routine. *RECOVERY run 20 min.</p>	<p>22 NO SCHOOL VARSIITY: 9:00-11:00AM *Performance Warm up. *EASY run 20 min. *1 x 1600m, 3 x 800m @ 5k w/ equal time rec btwn each. *EASY run 15 min. *Performance cool down.</p>	<p>23 NO SCHOOL VARSIITY 9:00-11:00AM *GSM Routine. *EASY run 30 min. *4-5 x 500m @ 10k w/ 100m walk back recovery btwn each. *EASY run 5 min. *Ladder Drills.</p>	<p>24 NO SCHOOL VARSIITY: 2:00PM Van leaves for Fresno at 8:00am. *EASY run 25 min. *4 x 100m STRIDES from box start</p>	<p>25 VARSIITY: TBA *Performance Warm up. *EASY run 25 min. RACE: CIF Championships @ Woodward Park *EASY run 20 min. Return to CHS approximately 7:00pm.</p>