

COUGAR CROSS COUNTRY

2018 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-DbI Leg Box Jumps
- C3-Pull Ups w/ band

FITNESS CIRCUIT #2

CIRCUIT #2

100m jog between each:

- 1-hip/trunk rotations, on back, shldrs 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 DbI Triceps Press

- C1-Front/Side Arm Raises w/ dumbbell
- C2-DbI 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-DbI Leg "Down-Up" Box Jumps
- C3-Pull Ups w/ band

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>JUNE 11 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #1.</p> <p><u>Maintenance Run</u> 4:30PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •Fitness circuit #1. •35-40 min maintenance run. •4 x 100m STRIDES.</p>	<p>12 <u>Kings Trail Run</u> 4:30PM Meet across from St. Monica's Church: 101 Camino Pablo, Moraga. •50-65 min sustained pace run on King's Canyon loop.</p>	<p>13 Recovery Run AM ON YOUR OWN •Fitness circuit #2. •20-25 min recovery run.</p> <p><u>Maintenance Run</u> 4:30PM Meet at Olympic Blvd Staging Area: Corner of Reliez Station Rd. and Olympic Blvd. •30-35 min maintenance run.</p>	<p>14 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #2.</p> <p><u>Lafayette Community Park</u> 4:30PM Meet at Lafayette Community Park: 480 St. Mary's Road. •Run easy 50 min with some fun random tempo surges!</p>	<p>15 Recovery Run AM ON YOUR OWN •20-25 min recovery run.</p> <p><u>Maintenance Run & HIT</u> 4:30PM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #1. •45 min maintenance run with 4 x 20/60 second on/off HIT sprints on St. Mary's College athletic fields.</p>	<p>16 LSD Wildcat Peak Run 8:30AM Meet at CHS front parking lot: We will then car pool to the Inspiration Point Trail Head on Wildcat Canyon Road in Tilden Park. •65-80 min sustained pace run. Long group goes to the top of Wildcat Peak! Check out the amazing view!</p>
<p>JUNE 18 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #1.</p> <p><u>Maintenance Run</u> 4:30PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •Fitness circuit #1. •40-45 min maintenance run. •4 x 100m STRIDES.</p>	<p>19 <u>Reservoir Rim Trail Run</u> 4:30PM Meet at CHS lower field: •55-70 min sustained pace run on the Rim Trail.</p>	<p>20 Recovery Run AM ON YOUR OWN •Fitness circuit #2. •25-30 min recovery run.</p> <p><u>Maintenance Run</u> 4:30PM Meet at Olympic Blvd Staging Area: Corner of Reliez Station Rd. and Olympic Blvd. •30-35 min maintenance run.</p>	<p>21 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #2.</p> <p><u>Tempo Run</u> 4:30PM Meet at Lafayette Community Park: 480 St. Mary's Road. •Run easy 60 min with some fun random tempo surges!</p>	<p>22 Recovery Run AM ON YOUR OWN •25-30 min recovery run.</p> <p><u>Maintenance Run & HIT</u> 4:30PM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #1. •45 min maintenance run with 4 x 20/60 second on/off HIT sprints on St. Mary's College athletic fields.</p>	<p>23 LSD French Trail Run 8:30AM Meet at CHS front parking lot: We will then car pool to the Redwood Gate entrance of Redwood Regional Park on Redwood Road. •70-85 min sustained pace run. Up Orchard Trail, then right on French Trail to West Ridge Trail. Right to Skyline Gate, then down Stream Trail back to Redwood Gate.</p>
<p>JUNE 25 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #1.</p> <p><u>Maintenance Run</u> 4:30PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •Fitness circuit #1. •40-45 min maintenance run. •4 x 100m STRIDES.</p>	<p>26 <u>LSD Kings Trail Run</u> 4:30PM Meet across from St. Monica's Church: 101 Camino Pablo, Moraga. •60-75 min sustained run on King's Canyon loop.</p>	<p>27 Recovery Run AM ON YOUR OWN •Fitness circuit #2. •25-30 min recovery run.</p> <p><u>Maintenance Run</u> 4:30PM Meet at Hidden Valley Park: Center Avenue, Martinez. •35-40 min maintenance run.</p>	<p>28 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #2.</p> <p><u>Tempo Run</u> 4:30PM Meet at Lafayette Community Park: 480 St. Mary's Road. •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>29 Recovery Run AM ON YOUR OWN •30-35 min recovery run.</p> <p><u>Maintenance Run & HIT</u> 4:30PM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #1. •45 min maintenance run with 4 x 20/60 second on/off HIT sprints on St. Mary's College athletic fields.</p>	<p>30 LSD Redwood Ridge Run 8:30AM Meet at CHS front parking lot: We will then car pool to the Pinehurst Staging Area of Redwood Regional Park, on Pinehurst Road. •75-90 min sustained pace run. Follow East Ridge Trail, then left down Canyon Trail to West Ridge Trail, follow West Ridge Trail to Skyline Gate and then back on East Ridge Trail to Pinehurst.</p>
<p>JULY 2 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #1.</p> <p><u>Maintenance Run</u> 4:30PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •Fitness circuit #1. •40-45 min maintenance run. •4 x 100m STRIDES.</p>	<p>3 <u>LSD Rim Hill Run</u> 4:30PM Meet at CHS lower field: •65-80 min sustained pace run on the Lafayette Reservoir Rim Trail.</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 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #2.</p> <p><u>Maintenance Run</u> 4:30PM Meet at Lafayette Community Park: 480 St. Mary's Road. •35-40 min maintenance run.</p>	<p>6 Recovery Run AM ON YOUR OWN •30-35 min recovery run.</p> <p><u>Maintenance Run & HIT</u> 4:30PM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #1. •45 min maintenance run with 4 x 30/60 second on/off HIT sprints on St. Mary's College athletic fields.</p>	<p>7 DIPSEA TRAIL BEACH TRIP! Leave CHS 7:00AM: drive to Mill Valley. •75-95 min. run over Mt. Talmalpais on Dipsea Trail! Then play at Stinson Beach and BBQ. So much fun! Return by 4pm.</p> <p>THIS IS A PARENT COORDINATED TRIP AND PARENT DRIVERS ARE REQUIRED.</p> <p><i>Parent drivers sign up on team web site: www.campotrack.com</i></p>
<p>JULY 9 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #1.</p> <p><u>Maintenance Run</u> 4:30PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •Fitness circuit #1. •45-50 min maintenance run. •4 x 100m STRIDES.</p>	<p>10 <u>LSD Kings Trail Run</u> 4:30PM Meet across from St. Monica's Church: 101 Camino Pablo, Moraga. •70-80 min sustained run on King's Canyon loop.</p>	<p>11 Recovery Run AM ON YOUR OWN •Fitness circuit #2. •25-30 min recovery run.</p> <p><u>Maintenance Run</u> 4:30PM Meet at Olympic Blvd Staging Area: Corner of Reliez Station Rd. and Olympic Blvd. •40-45 min maintenance run.</p>	<p>12 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #2.</p> <p><u>Tempo Run</u> 4:30PM 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>13 Recovery Run AM ON YOUR OWN •30-35 min recovery run.</p> <p><u>Maintenance Run & HIT</u> 4:30PM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #1. •45 min maintenance run with 4 x 30/60 second on/off HIT sprints on St. Mary's College athletic fields.</p>	<p>14 LSD French Trail Run 8:30AM Meet at CHS front parking lot: We will then car pool to the Redwood Gate entrance of Redwood Regional Park on Redwood Road. •80-95 min sustained pace run. Up Orchard Trail, then right on French Trail to West Ridge Trail. Right to Skyline Gate, then down Stream Trail back to Redwood Gate. Great views of the bay!</p>

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<p>JULY 16 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #3.</p> <p>Maintenance Run 4:30PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •Fitness circuit #2. •45-50 min maintenance run. •4 x 100m STRIDES.</p>	<p>17 LSD Rim Hill Run 4:30PM Meet at CHS lower field: •70-80 min sustained pace run on the Lafayette Reservoir Rim Trail.</p>	<p>18 Recovery Run AM ON YOUR OWN •Fitness circuit #3. •25-30 min recovery run.</p> <p>Maintenance Run 4:30PM Meet at Hidden Valley Park: Center Avenue, Martinez. •40-45 min maintenance run.</p>	<p>19 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #2.</p> <p>Tempo Run 4:30PM 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>20 Recovery Run AM ON YOUR OWN •30-35 min recovery run.</p> <p>Maintenance Run & HIT 4:30PM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #2. •45 min maintenance run with 4 x 30/60 second on/off HIT sprints on St. Mary's College athletic fields.</p>	<p>21 LSD Redwood Ridge Run 8:30AM Meet at CHS front parking lot: We will then car pool to the Pinehurst Staging Area of Redwood Regional Park, on Pinehurst Road. •85-100 min sustained pace run. Follow East Ridge Trail, then left down Canyon Trail to West Ridge Trail, follow West Ridge Trail to Skyline Gate and then back on East Ridge Trail to Pinehurst.</p>
<p>JULY 23 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #3.</p> <p>Maintenance Run 4:30PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •Fitness circuit #2. •45-50 min maintenance run. •4 x 100m STRIDES.</p>	<p>24 LSD Kings Trail Run 4:30PM Meet across from St. Monica's Church: 101 Camino Pablo, Moraga. •70-80 min sustained run on King's Canyon loop.</p>	<p>25 Recovery Run AM ON YOUR OWN •Fitness circuit #3. •25-30 min recovery run.</p> <p>Maintenance Run 4:30PM Meet at Olympic Blvd Staging Area: Corner of Reliez Station Rd. and Olympic Blvd. •40-45 min maintenance run.</p>	<p>26 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #2.</p> <p>Tempo Run 4:30PM Meet at Lafayette Community Park: 480 St. Mary's Road. •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>27 Recovery Run AM ON YOUR OWN •30-35 min recovery run.</p> <p>Maintenance Run & HIT 4:30PM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #2. •45 min maintenance run with 4 x 40/60 second on/off HIT sprints on St. Mary's College athletic fields.</p>	<p>28 LSD Phoenix Lake Run 8:30AM Meet at CHS front parking lot: We will then car pool to Phoenix Lake Park on Lagunitas Road in Kentfield. •90-105 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 30 HSU RUNNING CAMP</p> <p><i>All athletes are encouraged to attend this camp! Sign up by June 10! Details at: www.campotrack.com</i></p> <ul style="list-style-type: none"> • 25 min morning run through Community Forest. • 80 min Clam Beach run. River crossing! Finish on the beach! 	<p>31 HSU RUNNING CAMP</p> <p><i>All athletes are encouraged to attend this camp! Sign up by June 10! Details at: www.campotrack.com</i></p> <ul style="list-style-type: none"> • 25 min morning run through Arcata. • 60 min through Patrick's Point Park. Amazing ocean views! War paint! 	<p>AUGUST 1 HSU RUNNING CAMP</p> <p><i>All athletes are encouraged to attend this camp! Sign up by June 10! Details at: www.campotrack.com</i></p> <ul style="list-style-type: none"> • 25 min morning run through Community Forest. • 60 min run with 20 minute tempo through Arcata Bird Estuary. 	<p>2 HSU RUNNING CAMP</p> <p><i>All athletes are encouraged to attend this camp! Sign up by June 10! Details at: www.campotrack.com</i></p> <ul style="list-style-type: none"> • 20 min morning run through Arcata. • 90-120 min long run on Tall Trees trail. Most amazing run ever. World's tallest tree. 	<p>3 HSU RUNNING CAMP</p> <p><i>All athletes are encouraged to attend this camp! Sign up by June 10! Details at: www.campotrack.com</i></p> <ul style="list-style-type: none"> •40 minute run to see Shirley with 4 x 40/60 second on/off HIT sprints on HSU athletic fields. 	<p>4 LSD Lake Chabot Run 8:30AM Meet at CHS front parking lot: We will then car pool to Lake Chabot, in Hayward. •95-110 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 6 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #3.</p> <p>Maintenance Run 4:30PM Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. •Fitness circuit #2. •45-50 min maintenance run. •4 x 100m STRIDES.</p>	<p>7 LSD Rim Hill Run 4:30PM Meet at CHS lower field: •70-80 min sustained pace run on the Lafayette Reservoir Rim Trail.</p>	<p>8 Recovery Run AM ON YOUR OWN •Fitness circuit #3. •25-30 min recovery run.</p> <p>Maintenance Run 4:30PM Meet at Hidden Valley Park: Center Avenue, Martinez. •40-45 min maintenance run.</p>	<p>9 Recovery Run & Strength Circuit 8:30AM Meet at CHS track: •25-30 min recovery run. •Strength circuit #2.</p> <p>Tempo Run 4:30PM 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>10 Recovery Run AM ON YOUR OWN •30-35 min recovery run.</p> <p>Maintenance Run & HIT 4:30PM Meet at Moraga Commons: 1425 St. Mary's Road, Moraga •Fitness Circuit #2. •45 min maintenance run with 4 x 40/60 second on/off HIT sprints on St. Mary's College athletic fields.</p>	<p>11 POINT REYES BEACH TRIP! Leave CHS 7:00AM: drive to Point Reyes. •110-120 min run over Mt. Wittenberg and back on Bear Valley trail. Then play at Heart's Desire Beach and BBQ. Return by 4pm.</p> <p>THIS IS A PARENT COORDINATED TRIP AND PARENT DRIVERS ARE REQUIRED.</p> <p><i>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!