

# COUGAR CROSS COUNTRY

## 2018 FALL SEASON TRAINING SCHEDULE

### 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 lunge walk

##### Jog Variation Between Each:

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

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

##### BAREFOOT CIRCUIT

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

##### CORE CIRCUIT

-3 x 30 sec. plank matrix

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

##### GSM CIRCUIT

##### STRETCH CIRCUIT

#### LADDER DRILLS

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

#### FITNESS ROUTINES (wks 1-5) PHASE 1

#### 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 hanging knee-lift matrix

##### LEG STRENGTH CIRCUIT

1. -8 x full squats (barbell or dumbbells)  
2. -8 x dead lifts (barbell or dumbbells)  
3. -8 x box jump (soft 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 **adductor** leg raises (inverted/neutral/out)
4. 10 x Scorpion
5. 10 x Donkey whip
6. 10 x Fire hydrant
7. 10 x Standing straight leg lift matrix
8. 10 x Dbl leg bridge thrust

# COUGAR CROSS COUNTRY

## 2018 FALL SEASON TRAINING SCHEDULE

### 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. same-side 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 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 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"

#### FITNESS ROUTINE (wks 6-10) PHASE 2

#### 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 hip/glute matrix (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 (2 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

## 2018 FALL SEASON TRAINING SCHEDULE

### 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. lateral leg swings  
20 sec. linear 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"

#### FITNESS ROUTINE (wks 11-15) PHASE 3

#### 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 bench press (dumbbells)  
C2. -8 x bar dips
- LEG STRENGTH CIRCUIT**
1. -8 x pistol squat (dumbbell)
  2. -8 x snlg leg pillar dip (dumbbell)
  3. -8 x lateral over-box 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

2018 FALL SEASON SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 12	13 <b>NO SCHOOL</b> <b>ALL TEAM: 3:00-6:00PM</b> •Fitness warm-up. •RECOVERY run 30 min. •SHARKS & MINNOWS. •Fitness cool down.	14 <b>NO SCHOOL</b> <b>ALL TEAM: 3:00-6:00PM</b> •Fitness warm-up. •RECOVERY run 30-40 min. •WATER RELAY. •Fitness cool down. •General Strength Circuit.  <i>COUGAR DAY: Veterans sign up for recruiting table shifts 7am-3pm.</i>	15 <b>NO SCHOOL</b> <b>ALL TEAM: 3:00-6:00PM</b> •Performance Warm up. •EASY run 15-20 min. •1-2 x 4 min. @10k, 3 min. easy, 3 min. @ 5k, 2 min. easy, 2 min. @ 3200m. •EASY run 15 min. •Performance cool down.	16 <b>NO SCHOOL</b> <b>ALL TEAM: 3:00-6:00PM</b> •GSM Routine. •LSD run 50-60 min. to Commons, St. Mary's loop & back on Rheem. •Leg Strength Circuit.	17 <b>NO SCHOOL</b> <b>PRACTICE CANCELED!</b>	18 <b>ALL TEAM: ON OWN</b> •GSM Routine. •LSD run 75-90+ min. •Stretch.
AUGUST 19	20 <b>ALL TEAM: 3:20-5:45PM</b> •Performance Warm up. •EASY run 20 min. •3 x 5 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy. •3 x 200m @ 800m w/ equal distance jog btwn each. •EASY run 10 min. •Performance cool down.	21 <b>PARENT MEETING</b> <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 30-40 min. •WATER RELAY. •Fitness cool down. •General Strength Circuit.  <b>PARENTS: 5:30-6:30PM</b> •Parent Meeting in MU	22 <b>ALL TEAM: 3:20-5:45PM</b> •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.	23 <b>ALL TEAM: 3:20-5:45PM</b> •GSM Routine. •LSD run 50-60 min. out & back to Staging Area & Kings Trail. •4 x 500m @ 20k w/ 100m jog back recovery btwn each. •Leg Strength Circuit.	24 <b>ALL TEAM: 3:20-5:30PM</b> •Performance Warm up. •EASY run 15 min. •RACE: 1200m Time Trial •EASY run 20 min. •3 x 200m @ 3200m w/ equal distance jog after each. •Fitness cool down.	25 <b>ALL TEAM: 7:45AM-11:45AM</b> <i>NO bus. Athletes must arrive at Hidden Valley Park by 8:00am!</i> •Hidden Valley Park Course Work: Bring Hoes, Shovels, Rakes, Weed-whackers, & GLOVES!  <b>ALL TEAM: ON OWN</b> •GSM Routine. •LSD run 80-90+ min. •Stretch.
AUGUST 26	27 <b>ALL TEAM: 3:20-5:45PM</b> •Performance Warm up. •EASY run 20 min. •2 x 8 min. @ 20k, 2 min. easy, 4 min. @ 20k, 1 min. easy. •3 x 150m HIIT @ 400m w/ 250m jog recovery after each. •EASY run 10 min. •Performance cool down.	28 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35-45 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	29 <b>ALL TEAM: 3:20-5:45PM</b> •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.	30 <b>BCK TO SCHL NGHT</b> <b>ALL TEAM: 3:20-5:45PM</b> •GSM Routine. •LSD run 50-60 min. to Commons, St. Mary's loop & back on Rheem. •6 x 100m STRIDES w/ equal distance walk recovery after each. •Leg Strength Circuit.	31 <b>ALL TEAM: 2:30-6:30PM</b> <i>Bus leaves CHS at 2:45pm!</i> •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!	SEPTEMBER 1 <b>ALL TEAM: ON OWN</b> •GSM Routine. •LSD run 80-90+ min. •Stretch.
SEPTEMBER 2	3 <b>NO SCHOOL</b> <b>ALL TEAM: 3:00-5:45PM</b> •Performance Warm up. •EASY run 20 min. •3 x 6 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy. •3 x 200m @ 800m w/ equal distance jog btwn each. •EASY run 10 min. •Performance cool down.	4 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35-45 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	5 <b>ALL TEAM: 3:20-5:45PM</b> •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.	6 <b>ALL TEAM: 3:20-5:45PM</b> •GSM Routine. •LSD run 50-60 min. out & back to Staging Area & Kings Trail. •4 x 500m @ 20k w/ 100m jog back recovery btwn each. •Leg Strength Circuit.	7 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35 min. •4-5 x 200m @ 3200m w/ equal distance jog after each. •Fitness cool down.	8 <b>ACT TEST DATE</b> <b>ALL TEAM: 7:00AM-2:30PM</b> <i>NO bus. All athletes must arrive at Hidden Valley Park by 7:00am!</i> •Performance Warm up. •EASY run 25 min. •RACE: Ed Sias Invitational @ Hidden Valley Park •LSD run 40-55+ min. •Stretch. •Help clean up!
SEPTEMBER 9	10 <b>ALL TEAM: 3:20-5:45PM</b> •Performance Warm up. •EASY run 20 min. •2 x 9 min. @ 20k, 2 min. easy, 4 min. @ 20k, 1 min. easy. •4 x 150m HIIT @ 400m w/ 250m jog recovery after each. •EASY run 10 min. •Performance cool down.	11 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35-45 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	12 <b>ALL TEAM: 3:20-5:45PM</b> •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.	13 <b>ALL TEAM: 3:20-5:45PM</b> •GSM Routine. •LSD run 50-60 min. to Commons, St. Mary's loop & back on Rheem. •6 x 100m STRIDES w/ equal distance walk recovery after each. •Leg Strength Circuit.	14 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35 min. •4-5 x 200m @ 3200m w/ equal distance jog after each. •Fitness cool down.	15 <b>ALL TEAM: 7:45AM-1:30PM</b> <i>NO bus. All athletes must arrive at Newhall Park by 7:30am.</i> •Performance Warm up. •EASY run 25 min. •RACE: DLS Invitational @ Newhall Park •LSD run 40-55+ min. •Stretch.

2018 FALL SEASON SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER 16	17 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 25 min. •ULTIMATE FRISBEE.	18 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35-45 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	19 <b>ALL TEAM: 3:20-5:45PM</b> •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.	20 <b>ALL TEAM: 3:20-5:45PM</b> •GSM Routine. •LSD run 55-60 min. out & back to Staging Area & Kings Trail. •4 x 100m STRIDES w/ equal distance walk recovery after each. •Leg Strength Circuit.	21 <b>ALL TEAM: 3:20-5:30PM</b> •Performance Warm up. •EASY run 15 min. •RACE: 1600m Time Trial •EASY run 20 min. •4 x 200m @ 3200m w/ equal distance jog after each. •Fitness cool down.	22 <b>ALL TEAM: ON OWN</b> •GSM Routine. •LSD run 75-80+ min. •Stretch.
SEPTEMBER 23	24 <b>ALL TEAM: 3:20-5:45PM</b> •Performance Warm up. •EASY run 20 min. •3 x 4 min. @ 10k, 1 min. easy, 3 min. @ 5k, 2 min. easy •3 x 200m @ 800m w/ equal distance jog after each. •EASY run 10 min. •Performance cool down.	25 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35-45 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	26 <b>ALL TEAM: 1:45-6:30PM</b> <i>Bus leaves CHS at 1:45pm!</i> •Performance Warm up. •EASY run 25 min. •RACE: DAL Center Meet @ Hidden Valley Park •EASY run 20 min. •Performance cool down.	27 <b>ALL TEAM: 3:20-5:45PM</b> •GSM Routine •LSD run 55-60 min. to Commons, St. Mary's loop & back on Rheem. •4 x 500m @ 20k w/ 100m jog back recovery btwn each. •Leg Strength Circuit.	28 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up •RECOVERY run 35 min. •4 x 200m @ 3200m w/ equal distance jog after each. •Fitness cool down.	29 <b>ALL TEAM: 6:00AM-2:00PM</b> <i>NO Bus. All athletes must arrive at Haggins Oaks Golf Complex by TBA!</i> •Performance Warm up. •EASY run 25 min. •RACE: Capital Cross Challenge Invitational @ Haggins Oaks Golf •LSD run 45-50 min. •Stretch.
SEPTEMBER 30	OCTOBER 1 <b>ALL TEAM: 3:20-5:45PM</b> •Performance Warm up. •EASY run 20 min. •TEMPO run 20 min. @ 20k. •4 x 150m HIIT @ 400m w/ 250m jog recovery after each. •EASY run 15 min. •Performance cool down.	2 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35-45 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	3 <b>ALL TEAM: 3:20-5:45PM</b> •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.	4 <b>ALL TEAM: 3:20-5:45PM</b> •GSM Routine. •LSD run 55-60 min. out & back to Staging Area & Kings Trail. •8 x 100m STRIDES w/ equal distance walk recovery after each. •Leg Strength Circuit.	5 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35 min. •4 x 200m @ 3200m w/ equal distance jog after each. •Fitness cool down.	6 SAT TEST DATE <b>ALL TEAM: ON OWN</b> •GSM Routine. •LSD run 80-85+ min. •Stretch.
OCTOBER 7	8 NO SCHOOL <b>ALL TEAM: 3:00-5:45PM</b> •Performance Warm up. •EASY run 20 min. •3 x 4 min. @ 10k, 1 min. easy, 3 min. @ 5k, 2 min. easy •3 x 200m @ 800m w/ equal distance jog after each. •EASY run 10 min. •Performance cool down.	9 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35-45 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	10 <b>ALL TEAM: 3:20-6:00PM</b> •Performance Warm up. •EASY run 25 min. •RACE: 1600m Time Trial •EASY run 5 min. •4 x 800m @ 5k w/ 200m 3 min. recovery jog after each. •EASY run 15 min. •Performance cool down.	11 <b>ALL TEAM: 3:20-5:45PM</b> •GSM Routine. •LSD run 55-60 min. to Commons, St. Mary's loop & back on Rheem. •4 x 500m @ 20k w/ 100m jog back recovery btwn each. •Leg Strength Circuit.	12 <b>TOP 50: 8:30AM-9PM</b> <i>Bus leaves CHS at 8:30am!</i> •Performance Warm up. •EASY run 25 min. •RACE: Roughrider Invitational @ Woodward Park •EASY run 20 min. •Performance cool down.  <b>ALL OTHERS: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35 min. •4 x 200m @ 3200m w/ equal distance jog after each. •Fitness cool down.	13 PSAT TEST DATE <b>ALL TEAM: ON OWN</b> •GSM Routine. •LSD run 80-85+ min. •Stretch.
OCTOBER 14	15 <b>ALL TEAM: 3:20-5:45AM</b> •Performance Warm up. •EASY run 20 min. •TEMPO run 20 min. @ 20k. •4 x 150m HIIT @ 400m w/ 250m jog recovery after each. •EASY run 15 min. •Performance cool down.	16 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35-45 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	17 <b>ALL TEAM: 3:20-5:45PM</b> •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.	18 <b>ALL TEAM: 3:20-5:45PM</b> •GSM Routine. •LSD run 55-60 min. out & back to Staging Area & Kings Trail. •8 x 100m STRIDES w/ equal distance walk recovery after each. •Leg Strength Circuit.	19 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35 min. •4 x 200m @ 3200m w/ equal distance jog after each. •Fitness cool down.	20 <b>ALL TEAM: 8:00AM-1:00PM</b> <i>NO Bus. All athletes must arrive at Hidden Valley Park by 8:00am!</i> •Performance Warm up. •Run EASY 10 min. •RACE: Orienteering Championships @ Hidden Valley Park •LSD run 45-50 min. •TEAM BBQ! •Help clean up!

2018 FALL SEASON SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCTOBER 21	22 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 25 min. •ULTIMATE FRISBEE.	23 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •EASY run 35-45 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	24 <b>ALL TEAM: 1:45-6:30PM</b> Bus leaves CHS at 1:45pm! •Performance Warm up. •EASY run 25 min. <b>RACE: DAL Center Meet @ Newhall Park</b> •EASY run 20 min. •Performance cool down. •Help clean up!	25 <b>ALL TEAM: 3:20-5:45PM</b> •GSM Routine. •LSD run 60-65 min. to Commons, St. Mary's loop & back on Rheem. •6 x 100m STRIDES w/ equal distance walk recovery after each. •Leg Strength Circuit.	26 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •RECOVERY run 35 min. •3 x 200m @ 1600m w/ equal distance jog btwn each. •Fitness cool down.	27 <b>ACT TEST DATE</b> <b>ALL TEAM: ON OWN</b> •GSM Routine. •LSD run 75-80 min. •Stretch.
OCTOBER 28	29 <b>ALL TEAM: 3:20-5:45PM</b> •Performance Warm up. •EASY run 20 min. •40min MYSTERY FARTLEK. •Performance cool down.	30 <b>ALL TEAM: 3:20-5:30PM</b> •Fitness warm-up. •EASY run 35-45 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	31 <b>ALL TEAM: 3:20-5:45PM</b> •Performance Warm up. •EASY run 20 min. •TEMPO run 15 min. @ 20k. •EASY run 3 min. •4 x 90 sec. @ 3200m, 2 min. easy. •EASY run 10 min. •Performance cool down.	NOVEMBER 1 <b>ALL TEAM: 3:20-5:45PM</b> •GSM Routine. •LSD run 50 min. out & back. •4 x 500m @ 10k w/ 100m walk back recovery btwn each. •EASY run 5 min.	2 <b>ALL TEAM: 3:20-5:15PM</b> •Fitness warm-up. •EASY run 25-35 min. •4 x 100m STRIDES from box start. •Fitness cool down.  <b>ALL TEAM: 6:45-9:00PM</b> •Movie Night in CPAC	3 <b>SAT TEST DATE</b> <b>ALL TEAM: 10:00AM-5:30PM</b> NO bus. All athletes must arrive at Hidden Valley Park by 11:00am. •Performance Warm up. •EASY run 25 min. <b>RACE: DAL Championships @ Hidden Valley Park</b> •EASY run 20 min. •Performance cool down. •Help clean up!
NOVEMBER 4	5 <b>VARSIITY: 3:20-5:45PM</b> •GSM Routine. •LSD run 80 min. •Stretch.	6 <b>VARSIITY: 3:20-5:30PM</b> •Fitness warm-up. •EASY run 40 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	7 <b>VARSIITY: 3:20-5:45PM</b> •Performance Warm up. •EASY run 25 min. <b>RACE: 1600m Time Trial</b> •EASY run 5 min. •4 x 800m @ 5k w/ 200m 3 min. recovery jog after each. •EASY run 15 min. •Performance cool down.	8 <b>VARSIITY: 3:20-5:45PM</b> •GSM Routine. •LSD run 50 min. to Commons, St. Mary's loop & back on Rheem. •6 x 100m STRIDES w/ equal distance walk recovery after each. •Leg Strength Circuit.	9 <b>VARSIITY: 3:20-5:30PM</b> •Fitness warm-up. •EASY run 35 min. •3 x 200m @ 1600m w/ equal distance jog btwn each. •Fitness cool down.	10 <b>VARSIITY: 7:00-11:30AM</b> Drive to Hayward HS. Carpool leaves CHS at 7:00am! •Performance Warm up. •EASY run 20 min. •40min MYSTERY FARTLEK •Performance cool down.
NOVEMBER 11	12 <b>NO SCHOOL</b> <b>VARSIITY: 3:00-5:45PM</b> Meet at TBA. •GSM Routine. •LSD run 80 min. •Stretch.	13 <b>VARSIITY: 3:20-5:30PM</b> •Fitness warm-up. •EASY run 40 min. •Ladder Drills. •Fitness cool down. •General Strength Circuit.	14 <b>VARSIITY: 3:20-5:45PM</b> •Performance Warm up. •EASY run 20 min. •TEMPO run 15 min. @ 20k. •EASY run 3 min. •4 x 90 sec. @ 3200m, 2 min. easy. •EASY run 15 min. •Performance cool down.	15 <b>VARSIITY: 3:20-5:45PM</b> •GSM Routine. •LSD run 45 min. out & back. •5-6 x 500m @ 10k w/ 100m walk back recovery btwn each. •EASY run 5 min.	16 <b>VARSIITY: 3:20-5:15PM</b> •Fitness warm-up. •EASY run 30 min. •4 x 100m STRIDES from box start. •Fitness cool down.	17 <b>VARSIITY: TBA</b> Car pool TBA. •Performance Warm up. •EASY run 25 min. <b>RACE: NCS Championships @ Hayward HS</b> •EASY run 20 min. •Performance cool down.
NOVEMBER 18	19 <b>NO SCHOOL</b> <b>VARSIITY: 9:00-11:00AM</b> Meet at TBA. •GSM Routine. •LSD run 75 min. •Stretch.	20 <b>NO SCHOOL</b> <b>VARSIITY 9:00-11:00AM</b> •Fitness warm-up. •EASY run 40 min. •Ladder Drills. •Fitness cool down.	21 <b>NO SCHOOL</b> <b>VARSIITY: 9:00-11:00AM</b> •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.	22 <b>NO SCHOOL</b> <b>VARSIITY 9:00-11:00AM</b> •GSM Routine. •LSD run 40 min. out & back. •5-6 x 500m @ 10k w/ 100m walk back recovery btwn each. •EASY run 5 min.	23 <b>NO SCHOOL</b> <b>VARSIITY: 2:00PM</b> Van leaves for Fresno at 8:00am. •EASY run 30 min. •4 x 100m STRIDES from box start	24 <b>VARSIITY: TBA</b> •Performance Warm up. •EASY run 25 min. <b>RACE: CIF Championships @ Woodward Park</b> •EASY run 20 min. Return to CHS approximately 7:00pm.