

CAMPO XC / TRACK CAMP

TRAINING POD PROCEDURES: The small-group training pods will be conducted following the sports camp guidelines issued by Contra Costa County. This includes the following: Athletes must wear face coverings upon arrival and at all times other than when running with their designated training group; Athletes must always put on mask when encountering anyone outside their designated training group and maintain a minimum of 6-foot physical distance; Athletes must avoid physical contact with other athletes and coaches, and may not share equipment; Athletes must complete a self assessment prior to attending practice and must stay home if exhibiting any symptoms of Covid-19. [Find the complete list of guidelines HERE.](#)

TRAINING POD TIMES & LOCATIONS: Meeting times are staggered to ensure appropriate social distancing between training pods. Please check the team Facebook group page for updates to meeting times as well as meeting locations.

Unless otherwise noted on the training calendar, training sessions meet on the Campolindo lower athletic field at the front of the school.

UPDATED (September 12) meeting times are as follows:

M-W-TH-F: **3:40pm**–Group A, B, C; **4:10pm**–Group D, E; **4:40pm**–Group F, G

SATURDAY: **8:00am**–Group A, B, C; **8:20am**–Group D, E; **8:40am**–Group F, G

TRAINING VOLUME RECOMMENDATIONS: Time and repetition ranges are noted for several workout sessions. When 4 separate run times are indicated, it is recommended that 1st-year athletes choose the shortest duration, 2nd-year athletes choose the next longest duration, and so on. When only 3 run times are indicated, it is recommended that 1st-year athletes choose the shortest duration, 2nd-year athletes choose the next longest duration, and 3rd & 4th-year athletes choose the longest duration. When a range of repetitions is indicated, it is recommended that 1st-year athletes do the fewest repetitions, 2nd-year athletes do 1 additional repetition, and 3rd & 4th-year athletes do the most repetitions.

TRAINING PACE EXPLANATIONS:

PRE: Perceived Rate of Exertion. We will often discuss training paces using a scale from 1-10, with 1 being walking effort and 10 being maximal sprint effort.

RECOVERY: PRE = 3.5; This is approximately 2 minutes slower per mile than 5k date pace. For example, an athlete with a 5k date pace of 6 minutes per mile should run at a velocity of about 8 minutes per mile for RECOVERY effort. These runs can range in length from 25 to 50 minutes. The objective of a RECOVERY run is to provide gentle aerobic stimuli with minimal musculoskeletal stress in order to promote optimal tissue repair. While “jogging” is often synonymous with careless, mechanically inefficient movement patterns, RECOVERY pace running should be conducted with mindful mechanical efficiency in order to reinforce optimal movement patterns.

EASY: PRE = 3-4; This is similar to RECOVERY run effort. EASY pace running is used prior to, following, and/or in between higher intensity efforts like workout segments or races. Preceding a workout or race, athletes should begin at a PRE of 3 and gradually increase effort to a 4 over the course of the proscribed run time. Following or in between higher intensity efforts, athletes should begin at a PRE of 4 and either maintain or gradually reduce effort to a 3 over the course of the proscribed run time. Note: While “jogging” is often synonymous with careless, mechanically inefficient movement patterns, EASY pace running should be conducted with mindful mechanical efficiency in order to reinforce optimal movement patterns.

LSD: PRE = 4.5; This is aerobic development pace, slightly higher in intensity than RECOVERY and EASY effort running. The purpose of Long Sustained Distance running of 40 to 90 minutes in duration is to stimulate adaptive response in various aerobic pathways, including cardio-vascular power and efficiency, mitochondrial density and efficiency, metabolic efficiency, muscle fiber size, and fatigue resistance. Given that the largest energy contribution comes from the aerobic system for races of 800m or longer, LSD paced running is the cornerstone of distance training. Extending the length of the Long Sustained Paced run over the course of the season and over the course of the high school career is essential for reaching endurance performance potential.

20k: PRE = 6; Often called “threshold” effort, this pace is about 30 seconds per mile slower than 5k date pace. It should be the fastest pace you can sustain for about a half-marathon (13 miles). This is the running effort at which the aerobic system is no longer able to supply the necessary energy to sustain the pace. This effort level creeps just beyond the “aerobic threshold”, the point at which lactate acid levels in the blood stream begin to increase. 20k paced running should feel “comfortably quick”, allowing maintenance of breathing rhythm and sustained mental focus. Only slightly faster than LSD pace, you should be able to sustain 20k pace with only slightly more effort and recover from it quickly. In segmented training, a rest interval of 1 minute should be sufficient. Training at this pace promotes improved lactate recycling and fatigue buffering. These adaptations allow you to sustain faster paces for longer durations.

10k: PRE = 7; Known to some as “critical velocity” (CV), this pace is about 15 seconds per mile slower than 5k date pace. 10k effort is approximately 90% of 5k effort and often used for training segments of 3 minutes in duration with relatively short recovery. Training at this pace is optimal for increasing the oxidative capacity of type II muscle fibers and improving stamina at higher velocities. This velocity is particularly beneficial due to the high adaptive stimulus with relatively low musculoskeletal stress.

5k: PRE = 8; This pace is approaching the VO₂max window, wherein sustained effort becomes noticeably more difficult. Training at this pace stimulates adaptive response to the various pathways responsible for oxygen utilization and mechanical efficiency with more significant stress on the musculoskeletal system.

3200m, 1600m & 800m: PRE = 8.5-9.5; VO₂max pace and sub-VO₂max pace training. These training efforts are useful for reaching potential oxygen utilization capacity as well as developing and optimizing neuromuscular pathways, running economy, and power. In addition, training at these race paces is critical for developing race-pace awareness and race-specific mental endurance. These paces are most stressful to the musculoskeletal system and therefore account for the smallest fraction of total volume over the training cycle.

CAMPO XC / TRACK CAMP

2020 FALL SEASON TRAINING SCHEDULE

PRACTICE ATTENDANCE IS A REQUIREMENT OF PARTICIPATION

PHASE 1

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

MOBILITY CIRCUIT

2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossovers

300m BAREFOOT run (turf lap)

20 sec. forward fence hurdles
20 sec. backward fence hurdles
20 sec. lateral leg swings
20 sec. linear leg swings

300m BAREFOOT run (turf 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 (10-15min).

@HOME STRENGTH CIRCUIT

10-15 x triceps dips
10 x double leg jump-ups
10-15 x body-weight rows
10 x forward step-up/knee drive
20 x mountain climbers
10-15 x lateral-walk push-ups
2 x 10m lateral squat walk

@HOME CORE CIRCUIT

60 sec. leg lifts
60 sec. chest lifts
60 sec. sit ups
60 sec. hands-and-knees bird dogs
60 sec. elbow-to-knee diagonal crunch

@HOME STRETCH CIRCUIT

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

@HOME 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

@HOME GSM CIRCUIT

10 x Sway-back/Cat-back
10 x Lateral **abductor** leg-raise
10 x Lateral **adductor** leg-raise
10 x Scorpion
10 x Donkey whip
10 x Fire hydrant

BAREFOOT RECOMMENDED
40m btwn, 60 seconds each.

Jog Variation Between Each:

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

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

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 1-5) PHASE 1

BAREFOOT RECOMMENDED

20m btwn, 60 seconds each.

SWISS BALL SIDE:

1. Prone hips on ball, alternate leg lift
2. Supine drop-push
3. Down-plank tuck
4. Left-oblique crunch, hands behind head
5. Right-oblique crunch, hands behind head
6. Double-leg hamstring curls
7. Supine leg-lift twists
8. Back extension, hands under chin, elbows high
9. Left-side-split leg raises
10. Right-side-split leg raises
11. Supine ball pass

MEDICINE BALL SIDE:

1. Good mornings, ball btwn shoulders
2. Standing straight-arm circles
3. Left-leg pillar dips
4. Right-leg pillar dips
5. Sit-up wood chops
6. Squat biceps curl
7. Standing overhead lateral rainbow
8. Inchworm roll out/back
9. Standing straight-arm twists
10. Kettle bell swings
11. Ball on shins push crunch

RACE WALK CIRCUIT

BAREFOOT CIRCUIT

Race-walk 100m. Perform leg exercise 50m. Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

STADIUM STEP CIRCUIT

Power walk up and down stadium steps btwn each exercise. Repeat circuit as time allows.

60-second right-leg toe taps
60-second left-leg toe taps
20 x right-side hip-sag gluteal squeeze
20 x left-side hip-sag gluteal squeeze
20 x right-side single-leg squat taps
20 x left-side single-leg squat taps
10 x double-leg heel lower-to-raise (inversion/extension)
10 x left-leg pistol squat from bench
10 x right-leg pistol squat from bench

STRENGTH ROUTINES (wks 1-5) PHASE 1

2-3 circuits: **MAX** weight & speed for power!
Focus on POWER (maximal force in minimal time) with concentric contractions. Focus on resistance with eccentric contractions! In other words, lift explosively and lower slowly.

@HOME GENERAL STRENGTH CIRCUIT

A1. -8 x arm curls (dumbbells)
A2. -8 x triceps press (dumbbell)
A3. -8 x hip-sag gluteal squeeze (dumbbell/box)

B1. -8 x pull-ups
B2. -8 x bar-dips
B3. -8 x squat-press to single-leg run pose, alternate sides (landmine)

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

@HOME LEG STRENGTH CIRCUIT

-8 x suitcase squats (dumbbell)
-8 x dead lifts (barbell)
-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 gluteal)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to gluteal)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/gluteal (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Gluteal/hip (corkscrew sit/ knee to chest)

G-S-M CIRCUIT

10 x Sway-back/Cat-back
10 x Lateral **abductor** leg-raise (inverted/neutral/out)
10 x Lateral **adductor** leg-raise (inverted/neutral/out)
10 x Scorpion
10 x Donkey whip
10 x Fire hydrant
10 x Single-leg bridge thrust

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2020 FALL SEASON TRAINING SCHEDULE

PRACTICE ATTENDANCE IS A REQUIREMENT OF PARTICIPATION

PHASE 2

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

MOBILITY CIRCUIT

2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossover w/ knee drive

300m BAREFOOT run (turf lap)

20 sec. forward fence hurdles
20 sec. backward fence hurdles
20 sec. lateral leg swings
20 sec. linear leg swings

300m BAREFOOT run (turf lap)

2 x 20m forward rotary run
w/ 40m acceleration
2 x 20m forward 3rd-stride quick stride
w/ 40m 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 (10-15min).

@HOME STRENGTH CIRCUIT

15-20 x triceps dips
2 x stadium-step double-leg hops
15-20 x body-weight rows
10 x switch-step toe tap (on bench)
2 x 10 x Speed-skater squats
10 x Mountain climber matrix
2 x 10 x Burpees

@HOME CORE CIRCUIT

-60 sec. spread eagle diagonal pike
-60 sec. leg lifts w/ flutter & scissor
-60 sec. chest lifts w/ arms in front
-60 sec. Russian twists
-60 sec. bird dogs w/ lateral movement

@HOME STRETCH CIRCUIT

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

@HOME CORE CIRCUIT

-3 x 40 sec. plank matrix

-60 sec. straight-leg full lift
-60 sec. chest crawl
-60 sec. oscillating heel reach
-60 sec. elbow-to-knee bicycles
-60 sec. opposite-arm/leg lift w/ lateral
movement
-60 sec. suitcases

@HOME GSM CIRCUIT

10 x Sway-back/Cat-back
10 x Lateral **abductor** leg-raise
10 x Lateral **abductor** leg-raise
10 x Scorpion
10 x Donkey whip
10 x Fire hydrant

BAREFOOT RECOMMENDED 40m btwn, 60 seconds each.

Jog Variation Between Each:
-360 jog x 2
-lateral shuffle x 2
-lateral crossover x 2
-lateral saddle swing x 2

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

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

BAREFOOT RECOMMENDED 20m btwn, 60 seconds each.

SWISS BALL SIDE:

1. *Supine* drop-push
2. Down-plank tuck-twist
3. Left-oblique crunch, hands behind head
4. Right-oblique crunch, hands behind head
5. *Supine* double-leg hamstring curls
6. *Supine* leg-lift twists
7. Back extension, arms straight, both hands high
8. *Supine* ball-pass
9. Left side-split leg-raises
10. Right side-split leg-raises
11. Down-plank alternate arm-raises

MEDICINE BALL SIDE:

1. Good mornings, ball overhead
2. Alternating lateral hay-bale squat
3. Alternating-leg V-up, ball-to-toe
4. Alternating axe-swing lunge-twist
5. Sit-up alternating wood-chop twist
6. Left-leg pillar-dip "h"-press
7. Left-leg pillar-dip "h"-press
8. Standing overhead lateral pass
9. Inchworm roll out/back
10. Trunk rotations ball btwn knees
11. Kettle bell swings walk forward/back

RACE WALK CIRCUIT

BAREFOOT CIRCUIT

Race-walk 100m. Perform leg exercise
50m. Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

STADIUM STEP CIRCUIT

Power walk up and down stadium steps
btwn each exercise. Repeat circuit as
time allows.

60-second right-leg toe taps
60-second left-leg toe taps
20 x right-side hip-sag gluteal squeeze
20 x left-side hip-sag gluteal squeeze
20 x right-side single-leg squat taps
20 x left-side single-leg squat taps
10 x double-leg heel lower-to-raise (inver-
sion/extension)
10 x left-leg pistol squat from bench
10 x right-leg pistol squat from bench

WEIGHT CIRCUIT ROUTINE (wks 6-10) PHASE 2

2-3 circuits: **MAX** weight & speed for power!
*Focus on POWER (maximal force in minimal time) with
concentric contractions. Focus on resistance with
eccentric contractions! In other words, lift explosively and
lower slowly.*

@HOME GENERAL STRENGTH CIRCUIT

A1. -8 x pull-ups
A2. -8 x bar dips
A3. -2 x 8 x single-leg squats-to-run pose
(box)

B1. -60-second running arms (dumbbells)
B2. -8 x push-up rows (dumbbells)
B3. -8 x lunge-press to single-leg run pose,
alternate sides (dumbbells)

C1. -10 x prone hip matrix: knee drive / side
raises / gluteal lifts (band)

@HOME LEG STRENGTH CIRCUIT

-8 x one-arm squat high-pull (dumbbell)
-8 x kettle-bell swing
-8 x double-leg 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 gluteal)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to
gluteal)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/gluteal (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Gluteal/hip (corkscrew sit/ knee to chest)

G-S-M ROUTINE

10 x Sway-back/Cat-back
10 x Lateral **abductor** leg-raise (invert-
ed/neutral/out)
10 x Lateral **abductor** leg-raise (invert-
ed/neutral/out)
10 x Scorpion
10 x Donkey whip
10 x Fire hydrant
10 x Single-leg bridge thrust

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2020 FALL SEASON TRAINING SCHEDULE

PRACTICE ATTENDANCE IS A REQUIREMENT OF PARTICIPATION

PHASE 3

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

MOBILITY CIRCUIT

2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossover-reach back

300m BAREFOOT run (turf lap)

20 sec. forward fence hurdles
20 sec. backward fence hurdles
20 sec. lateral leg swings
20 sec. linear leg swings

300m BAREFOOT run (turf 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).

@HOME STRENGTH CIRCUIT

20 x triceps dips
2 x stadium-step single leg hops
20 x body-weight rows
20 x inverted dbl-leg raises
2 x 10 straight-leg twist-hops
2 x 10 push-up turnovers
2 x 10 split-lunge hops

@HOME CORE CIRCUIT

-90 sec. Pelé matrix (partner)
-90 sec. sit-up push back (partner)
-90 sec. strait-leg scoops (partner)
-90 sec. leg-lift circles (partner)

@HOME STRETCH CIRCUIT

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

@HOME 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 position bird dogs
-60 sec. alternate single-leg full lift

@HOME GSM CIRCUIT

10 x Sway-back/Cat-back
10 x Lateral **abductor** leg-raise
10 x Lateral **adductor** leg-raise
10 x Scorpion
10 x Donkey whip
10 x Fire hydrant

BAREFOOT RECOMMENDED

40m btwn, 60 seconds each.

Jog Variation Between Each:

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

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

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 11-15) PHASE 3

BAREFOOT RECOMMENDED

20m btwn, 60 seconds each.

SWISS BALL SIDE:

1. Down-plank tuck pike
2. *Supine* drop push
3. Down-plank alternate lateral leg
4. Left-oblique crunch twist
5. Right-oblique crunch twist
6. *Supine* ball pass
7. Down-plank left-leg lift
8. Down-plank right-leg lift
9. *Supine* leg-lift lateral sweep
10. Back extension, arms straight, alternate reach
11. Trunk rotations, ball btwn ankles

MEDICINE BALL SIDE:

1. Around the world, ball overhead
2. Speed skater squats
3. Suitcase press
4. Left-leg pillar clock bounce
5. Right-leg pillar clock bounce
6. Straight-arm reverse circles
7. *Lateral* standing overhead toss
8. Squat jump press
9. Inchworm bounce out/back
10. Standing knee lift straight arm twist
11. Kettle bell swings walk forward/back

RACE WALK CIRCUIT

BAREFOOT CIRCUIT

Race-walk 100m. Perform leg exercise 50m. Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

STADIUM STEP CIRCUIT

Power walk up and down stadium steps btwn each exercise. Repeat circuit as time allows.

60-second right-leg toe taps
60-second left-leg toe taps
20 x right-side hip-sag gluteal squeeze
20 x left-side hip-sag gluteal squeeze
20 x right-side single-leg squat taps
20 x left-side single-leg squat taps
10 x double-leg heel lower-to-raise (inversion/extension)
10 x left-leg pistol squat from bench
10 x right-leg pistol squat from bench

WEIGHT CIRCUIT ROUTINE (wks 11-15) PHASE 3

2-3 circuits: **MAX** weight & speed for power!
Focus on POWER (maximal force in minimal time) with concentric contractions. Focus on resistance with eccentric contractions! In other words, lift explosively and lower slowly.

@HOME GENERAL STRENGTH CIRCUIT

A1. -60-second running arms (dumbbells)
A2. -8 x push-up rows (dumbbells)
A3. -2 x 30m resistance-run (band/partner)

B1. -8 x pull-ups
B2. -8 x bar dips
B3. -8 x double-leg squat-press to single-leg run pose, alternating sides (dumbbells)

@HOME LEG STRENGTH CIRCUIT

1. -2 x 8 x double-leg lateral
2. -8 x double-leg jump up to single-leg run pose, alternating sides (box)

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 gluteal)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to gluteal)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/gluteal (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Gluteal/hip (corkscrew sit/ knee to chest)

G-S-M ROUTINE

10 x Sway-back/Cat-back
10 x Lateral **abductor** leg-raise (inverted/neutral/out)
10 x Lateral **adductor** leg-raise (inverted/neutral/out)
10 x Scorpion
10 x Donkey whip
10 x Fire hydrant
20 x Bridge-thrust marching

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AUGUST 16</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>17</p> <p>VETERANS: AM @HOME *Morning Circuit A *RECOVERY run 15 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *2-3 x 5 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy. *4 x 100m Incline @ 800m effort w/ jog back recovery btwn each. *EASY run 10 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>18</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY run 25, 30, 35, 40 min.</p> <p>ALL PARENTS: 7PM PARENT ZOOM MEETING *Review program policies, protocols, schedule, etc.</p>	<p>19</p> <p>VETERANS: AM @HOME *Morning Circuit B *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *1-2 x 4 min. @10k, 3 min. easy, 3 min. @ 5k, 2 min. easy, 2 min. @ 3200m, 1 min. easy, 1 min. @ 1600m, 4 min. easy. *EASY run 10 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>20</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD run 45, 50, 55, 60 min. on Rim Trail *6-8 x 100m STRIDES w/ equal distance jog recovery after each.</p> <p>EVERYONE: PM @HOME *Leg Strength Circuit.</p>	<p>21</p> <p>VETERANS: AM @HOME *RECOVERY run 20 min.</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM TIME SLOTS *RECOVERY run 20, 25, 30, 35 min.</p>	<p>22</p> <p>EVERYONE: AM TIME SLOTS Groups A, D, G @ Oursan/Bear Creek Trail Head, 1907 Bear Creek Rd. Lafayette. Groups B, E, H @ Redwood Park, Main Entrance, 7867 Redwood Road, Oakland. Groups C, F, I @ Wagner Ranch Elementary, 350 Camino Pablo, Orinda. *GSM Routine. *LSD run 55, 65, 75, 85+ min. *Stretch.</p>
<p>AUGUST 23</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>24</p> <p>VETERANS: AM @HOME *Morning Circuit A *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *2 x 8 min. @ 20k, 2 min. easy, 4 min. @ 20k, 1 min. easy. *4 x 30 sec. @ 1600m, 1 min. easy. *EASY run 10 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>25</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY run 25, 30, 35, 40 min.</p>	<p>26</p> <p>VETERANS: AM @HOME *Morning Circuit B *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *25 min. Rim Trail HILL CIRCUIT @ 100% max effort on up hill EASY run btwn each. *EASY run 15 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>27</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD run 45, 50, 55, 60 min. *3-4 x "S" Drill: 100m @ 50%, 100m @ 70%, 100m @ 90% effort</p> <p>EVERYONE: PM @HOME *Leg Strength Circuit.</p>	<p>28</p> <p>VETERANS: AM @HOME *RECOVERY run 25 min.</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM TIME SLOTS *Fitness warm-up. *RECOVERY run 20, 25, 30, 35 min.</p>	<p>29</p> <p>EVERYONE: 7:00PM-9:00PM @ CHS Track Stadium, Campolindo Drive, Moraga. *Performance Warm up. *EASY run 20 min. *1600m Postal Race. *400m Time Trial. *LSD run 30, 35, 40, 45+ min. *Stretch.</p>
<p>AUGUST 30</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>31</p> <p>VETERANS: AM @HOME *Morning Circuit A *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *3 x 6 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy. *4 x 100m Incline @ 800m effort w/ jog back recovery btwn each. *EASY run 10 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>SEPTEMBER 1</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY run 30, 35, 40, 45 min.</p>	<p>2</p> <p>VETERANS: AM @HOME *Morning Circuit B *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *2 x 4 min. @10k, 3 min. easy, 3 min. @ 5k, 2 min. easy, 2 min. @ 3200m, 1 min. easy, 1 min. @ 1600m, 4 min. easy. *EASY run 10 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>3</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD run 45, 50, 55, 60 min. on Rim Trail *8-10 x 100m STRIDES w/ equal distance jog recovery after each.</p> <p>EVERYONE: PM @HOME *Leg Strength Circuit.</p>	<p>4</p> <p>VETERANS: AM @HOME *RECOVERY run 25 min.</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM TIME SLOTS *Fitness warm-up. *RECOVERY run 25, 30, 35 min.</p>	<p>5</p> <p>EVERYONE: AM TIME SLOTS Groups B, E, H @ Oursan/Bear Creek Trail Head, 1907 Bear Creek Rd. Lafayette. Groups C, F, I @ Redwood Park, Main Entrance, 7867 Redwood Road, Oakland. Groups A, D, G @ Wagner Ranch Elementary, 350 Camino Pablo, Orinda. *GSM Routine. *LSD run 55, 65, 75, 85+ min. *Stretch.</p>
<p>SEPTEMBER 6</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>7</p> <p>VETERANS: AM @HOME *Morning Circuit A *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *2 x 9 min. @ 20k, 2 min. easy, 4 min. @ 20k, 1 min. easy. *4 x 30 sec. @ 1600m, 1 min. easy. *EASY run 10 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>8</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY run 30, 35, 40, 45 min.</p>	<p>9</p> <p>VETERANS: AM @HOME *Morning Circuit B *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *30 min. Rim Trail HILL CIRCUIT @ 100% max effort on up hill EASY run btwn each. *EASY run 15 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>10</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD run 45, 50, 55, 60 min. *4-5 x "S" Drill: 100m @ 50%, 100m @ 70%, 100m @ 90% effort</p> <p>EVERYONE: PM @HOME *Leg Strength Circuit.</p>	<p>11</p> <p>VETERANS: AM @HOME *RECOVERY run 25 min.</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM TIME SLOTS *Fitness warm-up. *RECOVERY run 25, 30, 35 min.</p>	<p>12</p> <p>EVERYONE: AM TIME SLOTS @ Hidden Valley Park, Center Avenue, Martinez. *Performance Warm up. *EASY run 20 min. *2 or 3-Mile Time Trial *LSD run 35, 40, 45, 50+ min. *Stretch.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SEPTEMBER 13</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>14</p> <p>VETERANS: AM @HOME *Morning Circuit A *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *TEMPO run 20 min. @ 20k (PRE=6). 4 x 20 sec. @ 400m (PRE=10), 1 min. easy. *EASY run 15 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>15</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35, 40 min.</p>	<p>16</p> <p>VETERANS: AM @HOME *Morning Circuit B *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. 4-5 x 2 min. @ 10k (PRE=7), 1 min. @ 3200m (PRE=8.5), 1 min. @ 10k (PRE=7), 2 min. easy *EASY run 15 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>17</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 45, 50, 55, 60 min. 8 x 100m STRIDES (PRE=9) w/ equal distance jog recovery after each.</p> <p>EVERYONE: PM @HOME *Leg Strength Circuit.</p>	<p>18</p> <p>VETERANS: AM @HOME *RECOVERY run 20 min.</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM TIME SLOTS *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35 min. 6 x 40 sec. @ 3200m (PRE=8.5), 80 sec. easy.</p>	<p>19</p> <p>EVERYONE: AM TIME SLOTS Groups A, D, G @ Oursan/Bear Creek Trail Head, 1907 Bear Creek Rd. Lafayette. Groups B, E, @ Redwood Park, Main Entrance, 7867 Redwood Road, Oakland. Groups C, F @ Wagner Ranch Elementary, 350 Camino Pablo, Orinda. *GSM Routine. *LSD (PRE=4.5) run 60, 65, 70, 75+ min. *Stretch.</p>
<p>SEPTEMBER 20</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>21</p> <p>VETERANS: AM @HOME *Morning Circuit A *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. 3 x 3 min. @ 10k (PRE=7), 1 min. easy, 2 min. @ 5k (PRE=8), 2 min. easy. 4-6 x 150m incline @ 800m (PRE=9.5) w/ jog back recovery btwn each. *EASY run 10 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>22</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35, 40 min.</p>	<p>23</p> <p>VETERANS: AM @HOME *Morning Circuit B *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. 8-10 x 90 sec. @ 3200m (PRE=8.5), 90 sec. easy. *EASY run 15 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>24</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 45, 50, 55, 60 min. 4 x "S" Drill: 100m @ 50%, 100m @ 70%, 100m @ 90% effort.</p> <p>EVERYONE: PM @HOME *Leg Strength Circuit.</p>	<p>25</p> <p>VETERANS: AM @HOME *RECOVERY run 20 min.</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM TIME SLOTS *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35 min. 4 x 40 sec. @ 3200m (PRE=8.5), 80 sec. easy.</p>	<p>26</p> <p>EVERYONE: 7:00PM-9:00PM @ CHS Track Stadium, Campolindo Drive, Moraga. *Performance Warm up. *EASY run 20 min. *3200m Postal Race. *LSD (PRE=4.5) run 30, 35, 40, 45+ min. *Stretch.</p>
<p>SEPTEMBER 27</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>28</p> <p>VETERANS: AM @HOME *Morning Circuit A *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *TEMPO run 20 min. @ 20k (PRE=6). 4 x 20 sec. @ 400m (PRE=10), 1 min. easy. *EASY run 15 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>29</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY (PRE=3.5) run 30, 35, 40, 45 min.</p>	<p>30</p> <p>VETERANS: AM @HOME *Morning Circuit B *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. 4-5 x 2 min. @ 10k (PRE=7), 1 min. @ 3200m (PRE=8.5), 1 min. @ 10k (PRE=7), 2 min. easy *EASY run 15 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>OCTOBER 1</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 45, 50, 55, 60 min. 10 x 100m STRIDES (PRE=9.5) w/ equal distance jog recovery after each.</p> <p>EVERYONE: PM @HOME *Leg Strength Circuit.</p>	<p>2</p> <p>VETERANS: AM @HOME *RECOVERY run 20 min.</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM TIME SLOTS *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35 min. 6 x 40 sec. @ 3200m (PRE=8.5), 80 sec. easy.</p>	<p>3</p> <p>EVERYONE: AM TIME SLOTS Groups C, F @ Oursan/Bear Creek Trail Head, 1907 Bear Creek Rd. Lafayette. Groups A, D, G @ Redwood Park, Main Entrance, 7867 Redwood Road, Oakland. Groups B, E @ Wagner Ranch Elementary, 350 Camino Pablo, Orinda. *GSM Routine. *LSD (PRE=4.5) run 70, 75, 80, 85+ min. *Stretch.</p>
<p>OCTOBER 4</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>5</p> <p>VETERANS: AM @HOME *Morning Circuit A *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. 3 x 3 min. @ 10k (PRE=7), 1 min. easy, 2 min. @ 5k (PRE=8), 2 min. easy. 4-6 x 150m incline @ 800m (PRE=9.5) w/ jog back recovery btwn each. *EASY run 10 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>6</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY (PRE=3.5) run 30, 35, 40, 45 min.</p>	<p>7</p> <p>VETERANS: AM @HOME *Morning Circuit B *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. 8-10 x 90 sec. @ 3200m (PRE=8.5), 90 sec. easy. *EASY run 15 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>8</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 45, 50, 55, 60 min. 5 x "S" Drill: 100m @ 50%, 100m @ 70%, 100m @ 90%</p> <p>EVERYONE: PM @HOME *Leg Strength Circuit.</p>	<p>9</p> <p>VETERANS: AM @HOME *RECOVERY run 20 min.</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM TIME SLOTS *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35 min. 4 x 40 sec. @ 3200m (PRE=8.5), 80 sec. easy.</p>	<p>10</p> <p>EVERYONE: AM TIME SLOTS @ Hidden Valley Park, Center Avenue, Martinez. *Performance Warm up. *EASY run 20 min. *2 or 3-Mile Time Trial. *Stretch.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OCTOBER 11</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>12</p> <p>VETERANS: AM @HOME *Morning Circuit A *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 65, 70, 75, 80 min. *Stretch.</p>	<p>13</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35, 40 min.</p>	<p>14</p> <p>VETERANS: AM @HOME *Morning Circuit B *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *2 x 90 sec. @ 3200m (PRE=8.5), 2 min. easy. *12 min. @ 20k (PRE=6), 2 min. easy. *2 x 90 sec. @ 3200m (PRE=8.5), 2 min. easy. *EASY run 15 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>15</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 45, 50, 55, 60 min. *6 x 100m STRIDES (PRE=9.5) w/ equal distance walk recovery after each.</p> <p>EVERYONE: PM @HOME *Leg Strength Circuit.</p>	<p>16</p> <p>VETERANS: AM @HOME *RECOVERY run 20 min.</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM TIME SLOTS *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35 min. *3 x 200m @ 1600m (PRE=9) w/ equal distance jog btwn each.</p>	<p>17</p> <p>EVERYONE: AM TIME SLOTS @ Newhall Park, Turtle Creek Road, Concord. *Performance Warm up. *EASY run 20 min. *50min MYSTERY FARTLEK.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>
<p>OCTOBER 18</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>19</p> <p>VETERANS: AM @HOME *Morning Circuit A *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 65, 70, 75, 80 min. *Stretch.</p>	<p>20</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35, 40 min.</p>	<p>21</p> <p>VETERANS: AM @HOME *Morning Circuit B *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *1 min. @ 1600m (PRE=9), 1 min. easy, 4 min. @ 5k (PRE=8), 2 min. easy, 3 x 3 min. @ 5k (PRE=8), 2 min. easy, 1 min. @ 1600m (PRE=9). *EASY run 15 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>22</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 40, 45, 50 min. *5 x 500m @ 10k (PRE=7) w/ 100m walk recovery btwn each. *EASY run 5 min.</p> <p>EVERYONE: PM @HOME *Leg Strength Circuit.</p>	<p>23</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM TIME SLOTS *Fitness warm-up. *RECOVERY run 25, 30, 35 min. *4 x 100m STRIDES (PRE=9.5) w/ equal distance walk recovery after each.</p>	<p>24</p> <p>EVERYONE: 6:00PM-9:00PM @ CHS Track Stadium, Campolindo Drive, Moraga. *Performance Warm up. *EASY run 20 min. *4x1600m Relay Trial. *800m Time Trial. *EASY run 20 min. *Stretch.</p>
<p>OCTOBER 25</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>26</p> <p>VETERANS: AM @HOME *Morning Circuit A *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 65, 70, 75, 80 min. *Stretch.</p>	<p>27</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35, 40 min.</p>	<p>28</p> <p>VETERANS: AM @HOME *Morning Circuit B *RECOVERY run 20 min.</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *2 x 90 sec. @ 3200m (PRE=8.5), 2 min. easy. *10 min. @ 20k (PRE=6), 2 min. easy. *2 x 90 sec. @ 3200m (PRE=8.5), 2 min. easy. *EASY run 10 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>29</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 40, 45, 50, 55 min. *6 x 100m STRIDES (PRE=9.5) w/ equal distance walk recovery after each.</p> <p>EVERYONE: PM @HOME *Leg Strength Circuit.</p>	<p>30</p> <p>VETERANS: AM @HOME *RECOVERY run 20 min.</p> <p>EVERYONE: AM @HOME *Fitness core. *Fitness GSM. *General Strength Circuit.</p> <p>EVERYONE: PM TIME SLOTS *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35 min. *3 x 200m @ 1600m (PRE=9) w/ equal distance jog btwn each.</p>	<p>31</p> <p>EVERYONE: AM TIME SLOTS @ Newhall Park, Turtle Creek Road, Concord. *Performance Warm up. *EASY run 20 min. *50min MYSTERY FARTLEK.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>
<p>NOVEMBER 1</p> <p>@HOME *Pool or bike *Self massage. *Stretch.</p> <p>EVERYONE: 7PM ZOOM MEETING *Weekly review and preview.</p>	<p>2</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 55, 60, 65, 70 min. *Stretch.</p>	<p>3</p> <p>EVERYONE: PM @HOME *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35, 40 min.</p>	<p>4</p> <p>EVERYONE: PM TIME SLOTS *Performance Warm up. *EASY run 20 min. *1 min. @ 1600m (PRE=9), 1 min. easy, 4 min. @ 5k (PRE=8), 2 min. easy, 3 x 3 min. @ 5k (PRE=8), 2 min. easy, 1 min. @ 1600m (PRE=9). *EASY run 15 min.</p> <p>EVERYONE: PM @HOME *Performance strength. *Performance core. *Stretch.</p>	<p>5</p> <p>EVERYONE: PM TIME SLOTS *GSM Routine. *LSD (PRE=4.5) run 30, 35, 40 min. *4 x 500m @ 10k (PRE=7) w/ 100m walk recovery btwn each. *EASY run 5 min.</p>	<p>6</p> <p>EVERYONE: PM TIME SLOTS *Fitness warm-up. *RECOVERY (PRE=3.5) run 25, 30, 35 min. *4 x 100m STRIDES (PRE=9.5) w/ equal distance walk recovery after each.</p>	<p>7</p> <p>EVERYONE: 6:00PM-9:00PM @ CHS Track Stadium, Campolindo Drive, Moraga. *Performance Warm up. *EASY run 20 min. *5000m Time Trial. *EASY run 20 min. *Stretch.</p>