

# CAMPO CROSS COUNTRY

## 2022 SUMMER XC CAMP SCHEDULE

### TRAINING SESSION MEETING TIMES:

MONDAY through SATURDAY AM general sessions meet at 8:00am at various locations as indicated on the calendar.

MONDAY, WEDNESDAY, FRIDAY PM advanced strength sessions meet at 5:00pm at the Campolindo High School track stadium.

### 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.

### 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 VO<sub>2</sub>max 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;** VO<sub>2</sub>max pace and sub-VO<sub>2</sub>max 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 CROSS COUNTRY

2022 COUGAR CROSS COUNTRY SUMMER ACTIVITY SCHEDULE

ALL ATHLETES WELCOME!

**NOTE CIRCUIT TRAINING #1, #2 & #3 FOR MONDAY, WEDNESDAY & FRIDAY SESSIONS:**

## FITNESS 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

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-Dbl Leg Box Jumps
- C3-Pull Ups w/ band

## FITNESS 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

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

- A1- Bench Press w/ dumbbells
- A2-Walking-Lunge Press w/ dumbbells
- A3- Bent Rows w/ dumbbell
  
- B1-60 sec Running Arms w/ dumbbells
- B2-Sngl Leg Pillar Dip w/ dumbbell
- B3-Seated Incline Dbl Triceps Press
  
- C1-Front/Side Arm Raises w/ dumbbell
- C2-Dbl Leg Box Hop Matrix
- C3-Pull Ups w/ band

## FITNESS 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

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-Dbl Leg "Down-Up" Box Jumps
- C3-Pull Ups w/ band

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>JUNE 6</b> <b>MORNING SESSION – 8:00AM</b> Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. Maintenance Run *Fitness circuit #1. -20-30-35 min maintenance run out and back on Old San Pablo Trail (PRE=4). -4-6 x 100m STRIDES.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10 min warm-up run (PRE=3). *Strength circuit #1.</p>	<p><b>7</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. LSD Reservoir Rim Trail Run -45-50-55-60 min sustained pace run (PRE=4.5) on the Rim Trail.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10 min warm-up run (PRE=3). *Strength circuit #2.</p>	<p><b>8</b> <b>MORNING SESSION – 8:00AM</b> Meet at Moraga Commons: 1425 St. Mary's Road, Moraga. Maintenance Run *Fitness circuit #2. -25-30-35 min maintenance run through St. Mary's campus to Bolinger Canyon Road, add-on loops around athletic fields if necessary (PRE=4).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10 min warm-up run (PRE=3). *Strength circuit #2.</p>	<p><b>9</b> <b>MORNING SESSION – 8:00AM</b> Meet at Hidden Valley Park: Center Avenue, Martinez. HVP Course Preview Run *Run easy (PRE=3-4) 35-40-45 min with some fun random tempo (PRE=6-8) surges!</p>	<p><b>10</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. Maintenance Run *Fitness Circuit #1. -25-30-35 min maintenance run (PRE=4).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10 min warm-up run. *Strength circuit #1.</p>	<p><b>11</b> <b>MORNING SESSION – 8:00AM</b> Meet at Nimitz Way Trail Head, Inspiration Point, Tilden Park: East Park Road, Orinda. LSD Wildcat Peak Run -45-55-65 min sustained pace run (PRE=4.5). Down Meadows Canyon Trail, Packrat Trail, and up Wildcat Peak Trail. Then back on Nimitz Way Trail.</p>
<p><b>JUNE 13</b> <b>MORNING SESSION – 8:00AM</b> Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. Maintenance Run *Fitness circuit #1. -25-30-35 min maintenance run out and back on Old San Pablo Trail (PRE=4). -4-6 x 100m STRIDES.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10 min warm-up run (PRE=3). *Strength circuit #2.</p>	<p><b>14</b> <b>MORNING SESSION – 8:00AM</b> Meet across from St. Monica's Church: 101 Camino Pablo, Moraga. LSD Kings Trail Run -45-50-55-60 min sustained pace run (PRE=4.5) on King's Canyon loop.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10 min warm-up run (PRE=3). *Strength circuit #1.</p>	<p><b>15</b> <b>MORNING SESSION – 8:00AM</b> Meet at Moraga Commons: 1425 St. Mary's Road, Moraga. Maintenance Run *Fitness circuit #2. -25-30-35 min maintenance run through St. Mary's campus to Bolinger Canyon Road, add-on loops around athletic fields if necessary (PRE=4).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10 min warm-up run (PRE=3). *Strength circuit #1.</p>	<p><b>16</b> <b>MORNING SESSION – 8:00AM</b> Meet at Lafayette Community Park: 480 St. Mary's Road. LCP Workout Run *Run easy (PRE=3-4) 35-40-45 min with some fun random tempo (PRE=6-8) surges!</p>	<p><b>17</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. Maintenance Run *Fitness Circuit #1 -25-30-35 min maintenance run (PRE=4) followed by 4 x 20/60 second on/off HIT sprints (PRE=10).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10 min warm-up run (PRE=3). *Strength circuit #2.</p>	<p><b>18</b> <b>MORNING SESSION – 8:00AM</b> Meet at Redwood Park Main Entrance: 7867 Redwood Road, Oakland. LSD French Trail Run -45-50-55 min sustained pace run (PRE=4.5). Up Orchard Trail, then right on French Trail. Short group down Fern Trail. Middle group down Fern Trail. Long group down Mill Trail. Then back on Stream Trail.</p>
<p><b>JUNE 20</b> <b>MORNING SESSION – 8:00AM</b> Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. Maintenance Run *Fitness circuit #1. -25-30-35 min maintenance run out and back on Old San Pablo Trail (PRE=4). -6-8 x 100m STRIDES.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-15 min run (PRE=3.5). *Strength circuit #1.</p>	<p><b>21</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. LSD Reservoir Rim Trail Run -50-55-60-65 min sustained pace run (PRE=4.5) on the Rim Trail.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-15 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>22</b> <b>MORNING SESSION – 8:00AM</b> Meet at Moraga Commons: 1425 St. Mary's Road, Moraga. Maintenance Run *Fitness circuit #2. -30-35-40 min maintenance run through St. Mary's campus to Bolinger Canyon Road, add-on loops around athletic fields (PRE=4).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-15 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>23</b> <b>MORNING SESSION – 8:00AM</b> Meet at Lafayette Community Park: 480 St. Mary's Road. LCP Workout Run *Performance Drills. -20 min warm up run (PRE=3-4). -3-4 x 2 min easy, 2 min 20k pace (PRE=6), 1 min easy, 1 min 10k pace (PRE=7). *10 min cool down run.</p>	<p><b>24</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. Maintenance Run &amp; HIT *Fitness Circuit #2. -30-35-40 min maintenance run (PRE=4) followed by 4 x 20/60 second on/off HIT sprints (PRE=10).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-15 min run (PRE=3.5). *Strength circuit #1.</p>	<p><b>25</b> <b>MORNING SESSION – 8:00AM</b> Meet at Oursan Trail Head, Briones Reservoir: 1907 Bear Creek Road, Lafayette. Briones Reservoir Run -60-70-80 min sustained pace run (PRE=4.5). Go out and back on Bear Creek Trail. Long group should get all the way across dam.</p>
<p><b>JUNE 27</b> <b>MORNING SESSION – 8:00AM</b> Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. Maintenance Run *Fitness circuit #1. -25-30-35 min maintenance run out and back on Old San Pablo Trail (PRE=4). -6-8 x 100m STRIDES.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-15 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>28</b> <b>MORNING SESSION – 8:00AM</b> Meet across from St. Monica's Church: 101 Camino Pablo, Moraga. LSD Kings Trail Run -45-50-55-60 min sustained pace run (PRE=4.5) on King's Canyon loop.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-15 min run (PRE=3.5). *Strength circuit #1.</p>	<p><b>29</b> <b>MORNING SESSION – 8:00AM</b> Meet at Moraga Commons: 1425 St. Mary's Road, Moraga. Maintenance Run *Fitness circuit #2. -30-35-40 min maintenance run through St. Mary's campus to Bolinger Canyon Road, add-on loops around athletic fields (PRE=4).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-15 min run (PRE=3.5). *Strength circuit #1.</p>	<p><b>30</b> <b>MORNING SESSION – 8:00AM</b> Meet at Hidden Valley Park: Center Avenue, Martinez. HVP Time Trial *Performance Drills. -20 min warm up run (PRE=3-4). -2-mile TIME TRIAL on HVP course! *10 min cool down run.</p>	<p><b>JULY 1</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. Maintenance Run &amp; HIT *Fitness Circuit #1. -30-35-40 min maintenance run (PRE=4) followed by 4 x 20/60 second on/off HIT sprints (PRE=10).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-15 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>2</b> <b>MORNING SESSION – 8:00AM</b> Meet at Nimitz Way Trail Head, Inspiration Point, Tilden Park: East Park Road, Orinda. LSD Wildcat Peak Run -45-55-65 min sustained pace run (PRE=4.5). Down Meadows Canyon Trail, Packrat Trail, and up Wildcat Peak Trail. Then back on Nimitz Way Trail.</p>
<p><b>JULY 4</b> <b>MORAGA JULY 4TH FUN RUN.</b> 4th of July Race Rookies: Run 2mile race Veterans: Run 5mile race</p>	<p><b>5</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. LSD Reservoir Rim Trail Run -55-60-65-70 min sustained pace run (PRE=4.5) on the Rim Trail.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>6</b> <b>MORNING SESSION – 8:00AM</b> Meet at Moraga Commons: 1425 St. Mary's Road, Moraga. Maintenance Run *Fitness circuit #2. -30-35-40 min maintenance run through St. Mary's campus to Bolinger Canyon Road, add-on loops around athletic fields (PRE=4).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>7</b> <b>MORNING SESSION – 8:00AM</b> Meet at Lafayette Community Park: 480 St. Mary's Road. LCP Workout Run *Performance Drills. -20 min warm up run (PRE=3-4). -4-5 x 2 min easy, 3 min 20k pace (PRE=6), 1 min easy, 1 min 10k pace (PRE=7). *10 min cool down run.</p>	<p><b>8</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. Maintenance Run &amp; HIT *Fitness Circuit #3. -30-35-40 min maintenance run (PRE=4) followed by 4 x 30/60 second on/off HIT sprints (PRE=10).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #3.</p>	<p><b>9</b> <b>ALL-DAY TRIP – 7:00AM</b> <b>CARPPOOLS DEPART FROM CHS</b> Dipsea Trail Run &amp; Beach Trip: Mill Valley to Sisson Beach Dipsea Trail Run -70-80-90 min. sustained pace run (PRE=4.5) *BBQ-Pic-Nic at beach following run.</p>
<p><b>JULY 11</b> <b>MORNING SESSION – 8:00AM</b> Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. Maintenance Run *Fitness circuit #1. -30-35-40 min maintenance run out and back on Old San Pablo Trail (PRE=4). -8-10 x 100m STRIDES.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #3.</p>	<p><b>12</b> <b>MORNING SESSION – 8:00AM</b> Meet across from St. Monica's Church: 101 Camino Pablo, Moraga. LSD Kings Trail Run -55-60-65-70 min sustained pace run (PRE=4.5) on King's Canyon loop.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>13</b> <b>MORNING SESSION – 8:00AM</b> Meet at Moraga Commons: 1425 St. Mary's Road, Moraga. Maintenance Run *Fitness circuit #3. -35-40-45 min maintenance run through St. Mary's campus to Bolinger Canyon Road, add-on loops around athletic fields (PRE=4).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>14</b> <b>MORNING SESSION – 8:00AM</b> Meet at Lafayette Community Park: 480 St. Mary's Road. LCP Workout Run *Performance Drills. -20 min warm up run (PRE=3-4). -4-5 x 2 min easy, 3 min 20k pace (PRE=6), 1 min easy, 1 min 10k pace (PRE=7). *10 min cool down run.</p>	<p><b>15</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. Maintenance Run &amp; HIT *Fitness Circuit #2. -30-35-40 min maintenance run (PRE=4) followed by 4 x 30/60 second on/off HIT sprints (PRE=10).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #3.</p>	<p><b>16</b> <b>MORNING SESSION – 8:00AM</b> Meet at Castle Rock Trail Head: 1033 Castle Rock Road, Walnut Creek. LSD Mt. Diablo Trail Run -70-80-90 min. sustained pace run (PRE=4.5). Run out on Castle Rock Trail. Long group return via Wall Point Trail.</p>
<p><b>JULY 18</b> <b>HSU RUNNING CAMP WEEK</b> <b>MORNING SESSION – ON YOUR OWN</b> Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. Maintenance Run *Fitness circuit #1. -30-35-40 min maintenance run out and back on Old San Pablo Trail (PRE=4). -4-6 x 100m STRIDES.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>19</b> <b>HSU RUNNING CAMP WEEK</b> <b>MORNING SESSION – ON YOUR OWN</b> Meet at CHS lower field. LSD Reservoir Rim Trail Run -55-60-65-70 min sustained pace run (PRE=4.5) on the Rim Trail.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>20</b> <b>HSU RUNNING CAMP WEEK</b> <b>MORNING SESSION – ON YOUR OWN</b> Meet at Moraga Commons: 1425 St. Mary's Road, Moraga. Maintenance Run *Fitness circuit #2. -35-40-45 min maintenance run through St. Mary's campus to Bolinger Canyon Road, add-on loops around athletic fields (PRE=4).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #3.</p>	<p><b>21</b> <b>HSU RUNNING CAMP WEEK</b> <b>MORNING SESSION – ON YOUR OWN</b> Meet at Lafayette Community Park: 480 St. Mary's Road. LCP Workout Run *Performance Drills. -20 min warm up run (PRE=3-4). -4-5 x 2 min easy, 4 min 20k pace (PRE=6), 1 min easy, 1 min 10k pace (PRE=7). *10 min cool down run.</p>	<p><b>22</b> <b>HSU RUNNING CAMP WEEK</b> <b>MORNING SESSION – ON YOUR OWN</b> Meet at CHS lower field. Maintenance Run &amp; HIT *Fitness Circuit #3. -30-35-40 min maintenance run (PRE=4) followed by 4 x 30/60 second on/off HIT sprints (PRE=10).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>23</b> <b>MORNING SESSION – 8:00AM</b> Meet at Redwood Park Main Entrance: 7867 Redwood Road, Oakland. LSD French Trail Run -75-85-95 min sustained pace run (PRE=4.5). Up Orchard Trail, then right on French Trail. Short group down Fern Trail. Middle group down Mill Trail. Long group all the way to West Ridge Trail and Skyline Gate. Then back on Stream Trail.</p>
<p><b>JULY 25</b> <b>MORNING SESSION – 8:00AM</b> Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. Maintenance Run *Fitness circuit #1. -35-40-45 min maintenance run out and back on Old San Pablo Trail (PRE=4). -10-12 x 100m STRIDES.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>26</b> <b>MORNING SESSION – 8:00AM</b> Meet across from St. Monica's Church: 101 Camino Pablo, Moraga. LSD Kings Trail Run -55-60-65-70 min sustained pace run (PRE=4.5) on King's Canyon loop.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>27</b> <b>MORNING SESSION – 8:00AM</b> Meet at Moraga Commons: 1425 St. Mary's Road, Moraga. Maintenance Run *Fitness circuit #2. -35-40-45 min maintenance run through St. Mary's campus to Bolinger Canyon Road, add-on loops around athletic fields (PRE=4).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #3.</p>	<p><b>28</b> <b>MORNING SESSION – 8:00AM</b> Meet at Hidden Valley Park: Center Avenue, Martinez. HVP Time Trial *Performance Drills. -20 min warm up run (PRE=3-4). -3-mile TIME TRIAL on HVP course! *10 min cool down run.</p>	<p><b>29</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. Maintenance Run &amp; HIT *Fitness Circuit #3. -30-35-40 min maintenance run (PRE=4) followed by 4 x 30/60 second on/off HIT sprints (PRE=10).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>30</b> <b>MORNING SESSION – 8:00AM</b> Meet at Oursan Trail Head, Briones Reservoir: 1907 Bear Creek Road, Lafayette. Briones Reservoir Run -80-90-100 min. sustained pace run (PRE=4.5). Short groups run out and back on Bear Creek Trail. Long groups run around reservoir, out on Oursan Trail, across dam and back on Bear Creek Trail.</p>
<p><b>AUGUST 1</b> <b>MORNING SESSION – 8:00AM</b> Meet at Wagner Ranch Elementary School: 350 Camino Pablo, Orinda. Maintenance Run *Fitness circuit #1. -35-40-45 min maintenance run out and back on Old San Pablo Trail (PRE=4). -10-12 x 100m STRIDES.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #3.</p>	<p><b>AUGUST 2</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. LSD Reservoir Rim Trail Run -55-60-65-70 min sustained pace run (PRE=4.5) on the Rim Trail.</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>AUGUST 3</b> <b>MORNING SESSION – 8:00AM</b> Meet at Moraga Commons: 1425 St. Mary's Road, Moraga. Maintenance Run *Fitness circuit #2. -35-40-45 min maintenance run through St. Mary's campus to Bolinger Canyon Road, add-on loops around athletic fields (PRE=4).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #2.</p>	<p><b>AUGUST 4</b> <b>MORNING SESSION – 8:00AM</b> Meet at Lafayette Community Park: 480 St. Mary's Road. LCP Workout Run *Performance Drills. -20 min warm up run (PRE=3-4). -4-5 x 2 min easy, 4 min 20k pace (PRE=6), 1 min easy, 1 min 10k pace (PRE=7). *10 min cool down run.</p>	<p><b>AUGUST 5</b> <b>MORNING SESSION – 8:00AM</b> Meet at CHS lower field. Maintenance Run &amp; HIT *Fitness Circuit #3. -30-35-40 min maintenance run (PRE=4) followed by 4 x 30/60 second on/off HIT sprints (PRE=10).</p> <p><b>AFTERNOON SESSION – 5:00PM</b> -5-10-20 min run (PRE=3.5). *Strength circuit #3.</p>	<p><b>AUGUST 6</b> <b>ALL-DAY TRIP – 7:00AM</b> <b>CARPPOOLS DEPART FROM CHS</b> Point Reyes Beach Trip: Point Reyes National Sea Shore Mt. Wittenberg to Coast Trail Run -90-120min. sustained pace run (PRE=4.5). *Lunch in Point Reyes Station *Swimming at Heart's Desire Beach</p>