

COUGAR CROSS COUNTRY

2023 FALL SEASON TRAINING SCHEDULE

PRACTICE & MEET ATTENDANCE IS A REQUIREMENT OF PARTICIPATION

TRAINING SESSION MEETING TIMES:

MONDAY through FRIDAY ALL TEAM practice sessions meet 15 minutes after the conclusion of the school day on the CHS lower athletic field.

SATURDAY ALL TEAM practice sessions meet at 8:30am at various off-campus locations (see location details on calendar below).

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:

RPE: Rate of Perceived 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: RPE = 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: RPE = 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: RPE = 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: RPE = 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: RPE = 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: RPE = 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: RPE = 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.

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PHASE 1

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

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

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).

A CIRCUIT in quad:

10-15 x triceps dips
10 x double leg jump-ups
10-15 x body-weight rows
10 x forward step-up/knee drive

B CIRCUIT on turf:

20 x mountain climbers
10-15 x lateral-walk push-ups
2 x 10m lateral squat walk

STRETCH CIRCUIT

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

CORE CIRCUIT

-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

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

LOWER LEG CIRCUIT

BAREFOOT

1. 20-50m Toes up, turned out
2. 20-50m Toes up, turned in
3. 20-50m Heels up, turned in
4. 20-50m Heels up, turned out
5. 20-50m Heel-to-toe walk
6. Back against fence, Toe-up pull to knee

STADIUM STEP CIRCUIT

1. 60-second right-leg toe taps
2. 60-second left-leg toe taps
3. 20 x right-side hip-sag gluteal squeeze
4. 20 x left-side hip-sag gluteal squeeze
5. 20 x right-side single-leg squat taps
6. 20 x left-side single-leg squat taps
7. 10 x double-leg heel lower-to-raise (inversion/extension)
8. 10 x left-leg pistol squat from bench
9. 10 x right-leg pistol squat from bench
10. 60-second incline push-ups

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.

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)

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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PRACTICE ATTENDANCE IS A REQUIREMENT OF PARTICIPATION

PHASE 2

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

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

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).

A CIRCUIT in quad:

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)

B CIRCUIT on turf:

2 x 10 x Speed-skater squats
10 x Mountain climber matrix
2 x 10 x Burpees

STRETCH CIRCUIT

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

CORE CIRCUIT

-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

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

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

LOWER LEG CIRCUIT

BAREFOOT

1. 20-50m Toes up, turned out
2. 20-50m Toes up, turned in
3. 20-50m Heels up, turned in
4. 20-50m Heels up, turned out
5. 20-50m Heel-to-toe walk
6. Back against fence, Toe-up pull to knee

STADIUM STEP CIRCUIT

1. 60-second right-leg toe taps
2. 60-second left-leg toe taps
3. 20 x right-side hip-sag gluteal squeeze
4. 20 x left-side hip-sag gluteal squeeze
5. 20 x right-side single-leg squat taps
6. 20 x left-side single-leg squat taps
7. 10 x double-leg heel lower-to-raise (inversion/extension)
8. 10 x left-leg pistol squat from bench
9. 10 x right-leg pistol squat from bench
10. 60-second incline push-ups

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.

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)

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 (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

COUGAR CROSS COUNTRY

2023 FALL SEASON TRAINING SCHEDULE

PRACTICE ATTENDANCE IS A REQUIREMENT OF PARTICIPATION

PHASE 3

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

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)

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).

A CIRCUIT in quad:

- 20 x triceps dips
- 2 x stadium-step single leg hops
- 20 x body-weight rows
- 20 x inverted dbl-leg raises

B CIRCUIT on turf:

- 2 x 10 straight-leg twist-hops
- 2 x 10 push-up turnovers
- 2 x 10 split-lunge hops

STRETCH CIRCUIT

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

CORE CIRCUIT

- 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

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

LOWER LEG CIRCUIT

BAREFOOT

1. 20-50m Toes up, turned out
2. 20-50m Toes up, turned in
3. 20-50m Heels up, turned in
4. 20-50m Heels up, turned out
5. 20-50m Heel-to-toe walk
6. Back against fence, Toe-up pull to knee

STADIUM STEP CIRCUIT

1. 60-second right-leg toe taps
2. 60-second left-leg toe taps
3. 20 x right-side hip-sag gluteal squeeze
4. 20 x left-side hip-sag gluteal squeeze
5. 20 x right-side single-leg squat taps
6. 20 x left-side single-leg squat taps
7. 10 x double-leg heel lower-to-raise (inversion/extension)
8. 10 x left-leg pistol squat from bench
9. 10 x right-leg pistol squat from bench
10. 60-second incline push-ups

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.

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)

LEG STRENGTH CIRCUIT

1. -2 x 8 x double-leg lateral hops (green hurdles)
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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AUGUST 6</p> <p>ON YOUR OWN: *Pool or bike *Self massage. *Stretch.</p>	<p>7</p> <p><i>NO SCHOOL</i></p> <p>ALL TEAM: 8:00-11:00AM *Fitness warm-up. *RECOVERY run 20 min. (RPE=3.5) *Shanks & Minnows.</p> <p>TOP VETERANS: PM ON OWN *GSM Routine. *RECOVERY run 40 min. (RPE=3.5)</p>	<p>8</p> <p><i>NO SCHOOL</i></p> <p>ALL TEAM: 8:00-11:00AM *Fitness warm-up. *RECOVERY run 20 min. (RPE=3.5) *5 x 20 sec. HIIT, 15 sec. EASY (RPE=10) *Link Tag.</p> <p>TOP VETERANS: 5:00-6:00PM *MAINTENANCE run 30 min. (RPE=4) *General Strength Circuit.</p>	<p>9</p> <p><i>NO SCHOOL</i></p> <p>ALL TEAM: 8:00-11:00AM *Performance Warm up. *EASY run 15 min. (RPE=3-4) *1200m Time Trial (RPE=10) *EASY run 10-30 min. *Lower-leg circuit for all early finishers. *Performance cool down.</p>	<p>10</p> <p><i>NO SCHOOL</i></p> <p>ALL TEAM: 8:00-11:00AM *GSM Routine. *LSD run 40, 45, 50, 55 min (RPE=4.5) *3 x 'S' Drill: 100m @ 50%, 100m @ 70%, 100m @ 90%. *Lower-leg circuit for all early finishers. *Leg Strength Circuit.</p>	<p>11</p> <p><i>NO SCHOOL</i></p> <p>ALL TEAM: 8:00-11:00AM *Fitness warm-up. *RECOVERY run 20 min. (RPE=3.5) *Ultimate Frisbee.</p> <p>TOP VETERANS: 5:00-6:00PM *MAINTENANCE run 30 min. (RPE=4) *5 x 20 sec. HIIT, 10 sec. EASY (RPE=10) *General Strength Circuit.</p>	<p>12</p> <p>ALL TEAM: 8:30AM-10:30AM <i>This practice session will meet at Joaquin Moraga Middle School, 1010 Camino Pablo, Moraga.</i> *GSM Routine. *LSD run 50, 60, 70, 80+ min (RPE=4.5) *Stretch.</p>
<p>AUGUST 13</p> <p>ON YOUR OWN: *Pool or bike *Self massage. *Stretch.</p>	<p>14</p> <p><i>NO SCHOOL</i></p> <p>ALL TEAM: 8:00-11:00AM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *2-3 x 4 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy (RPE=6) *2 x 30 sec. @ 1600m, 1 min. easy (RPE=9) *EASY run 10 min. *Performance cool down.</p> <p>VETERANS: 11:45AM-4:15PM *Cougar Day Recruiting: -Shift 1: 11:45am-2:15pm -Shift 2: 1:45pm-4:15pm</p> <p>TOP VETERANS: PM ON OWN *GSM Routine. *RECOVERY run 20 min. (RPE=3.5)</p>	<p>15</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 35 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM *Fitness warm-up. *RECOVERY run 25 min. (RPE=10) *5 x 20 sec. HIIT, 10 sec. EASY (RPE=10) *Lockout Tag. *General Strength Circuit or Stadium Step Circuit.</p>	<p>16</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 15 min. (RPE=3-4) *1200m Time Trial (RPE=10) *EASY run 10-30 min. *Lower-leg circuit for all early finishers. *Performance cool down.</p>	<p>17</p> <p><i>XC TEAM PARENT MEETING</i></p> <p>ALL TEAM: 3:50-6:00PM *GSM Routine. *LSD run 40, 45, 50, 55 min (RPE=4.5) *6 x 100m STRIDES w/ equal distance jog recovery after each. (RPE=9) *Lower-leg circuit for all early finishers. *Leg Strength Circuit.</p> <p>ALL PARENTS: 5:30-6:30PM *Parent Meeting in CHS MU</p>	<p>18</p> <p><i>TEAM GEAR ORDER DEADLINE</i></p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 35 min. (RPE=4) *5 x 20 sec. HIIT, 10 sec. EASY (RPE=10)</p> <p>ALL TEAM: 3:15-5:45PM *Fitness warm-up. *RECOVERY run 25 min. (RPE=3.5) *Ultimate Frisbee. *General Strength Circuit or Stadium Step Circuit.</p>	<p>19</p> <p>ALL TEAM: 8:30AM-10:30AM <i>This practice session will meet at Wagner Ranch Elementary, 350 Camino Pablo, Orinda.</i> *GSM Routine. *LSD run 55, 65, 75, 80+ min (RPE=4.5) *Stretch.</p>
<p>AUGUST 20</p> <p>ON YOUR OWN: *Pool or bike *Self massage. *Stretch.</p>	<p>21</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 20 min. (RPE=3.5)</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *2-3 x 5 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy (RPE=6) *4 x 100m incline @ 800m effort w/ jog back recovery blwn each (RPE=9.5) *EASY run 10 min. *Performance cool down.</p>	<p>22</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 35 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM *Fitness warm-up. *RECOVERY run 25 min. (RPE=3.5) *5 x 20 sec. HIIT, 10 sec. EASY (RPE=10) *Water Relay. *General Strength Circuit or Stadium Step Circuit.</p>	<p>23</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *1 or 2 x 4 min. @ 10k, 3 min. easy, 3 min. @ 5k, 2 min. easy, 2 min. @ 3200m, 1 min. easy, 1 min. @ 1600m, 7 min. easy (RPE=7-9) *EASY run 10 min. *Performance cool down.</p>	<p>24</p> <p>ALL TEAM: 3:50-6:00PM *GSM Routine. *LSD run 45, 50, 55, 60 min. on Rim Trail (RPE=4.5) *4 x 'S' Drill: 100m @ 50%, 100m @ 70%, 100m @ 90%. *Lower-leg circuit for all early finishers. *Leg Strength Circuit.</p>	<p>25</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 35 min. (RPE=4) *5 x 20 sec. HIIT, 10 sec. EASY (RPE=10)</p> <p>ALL TEAM: 3:15-5:45PM *Fitness warm-up. *RECOVERY run 25 min. (RPE=3.5) *Ultimate Frisbee. *General Strength Circuit or Stadium Step Circuit.</p>	<p>26</p> <p><i>SAT TEST DATE</i></p> <p>ALL TEAM: 7:45AM-11:45AM <i>NO bus. Athletes must arrive at Hidden Valley Park by 7:45am!</i> *Hidden Valley Park Trail Clearing Service Project: Bring hoses, shovels, rakes, weed-whackers, GLOVES, water and a snack. This will be 4 hours of character building work with your teammates.</p> <p>ALL TEAM: ON OWN *GSM Routine. *LSD run 60, 70, 80, 85+ min (RPE=4.5) *Stretch.</p>
<p>AUGUST 27</p> <p>ON YOUR OWN: *Pool or bike *Self massage. *Stretch.</p>	<p>28</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 20 min. (RPE=3.5)</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *2 x 8 min. @ 20k, 2 min. easy, 4 min. @ 20k, 1 min. easy (RPE=6) *4 x 30 sec. @ 1600m, 1 min. easy (RPE=9) *EASY run 10 min. *Performance cool down.</p>	<p>29</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM *Fitness warm-up. *RECOVERY run 30, 35, 40, 45 min. (RPE=3.5) *6 x 15 sec. HIIT, 15 sec. EASY (RPE=10) *Lower-leg circuit for all early finishers. *Ladder Drills. *General Strength Circuit or Stadium Step Circuit.</p>	<p>30</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *25-30 min. Rim Trail HILL CIRCUIT @ 100% max effort on up hill. EASY run blwn each (RPE=10) *EASY run 10 min. *Performance cool down.</p>	<p>31</p> <p><i>BACK TO SCHOOL NIGHT</i></p> <p>ALL TEAM: 3:50-6:00PM *GSM Routine. *LSD run 45, 50, 55, 60 min. on Rim Trail (RPE=4.5) *5 x 'S' Drill: 100m @ 50%, 100m @ 70%, 100m @ 90%. *Lower-leg circuit for all early finishers. *Leg Strength Circuit.</p>	<p>SEPTEMBER 1</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4) *6 x 15 sec. HIIT, 15 sec. EASY (RPE=10)</p> <p>ALL TEAM: 3:30-7:00PM <i>Bus leaves CHS at 3:30pm.</i> *Performance Warm up. *EASY run 25 min. (RPE=3-4) RACE: Little Ed Practice Race @ Hidden Valley Park *EASY run 20 min. *Performance cool down. *Help clean up!</p>	<p>2</p> <p>ALL TEAM: 8:30AM-10:30AM <i>This practice session will meet at Joaquin Moraga Middle School, 1010 Camino Pablo, Moraga.</i> *GSM Routine. *LSD run 60, 70, 80, 85+ min (RPE=4.5) *Stretch.</p> <p><i>*Please note practice attendance over long weekend is a requirement for participation in the Ed Sias Invitational.</i></p>
<p>SEPTEMBER 3</p> <p>ON YOUR OWN: *Pool or bike *Self massage. *Stretch.</p>	<p>4</p> <p><i>NO SCHOOL</i></p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 20 min. (RPE=3.5)</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *3 x 8 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy (RPE=6) *4 x 100m incline @ 800m effort w/ jog back recovery blwn each (RPE=9.5) *EASY run 10 min. *Performance cool down.</p> <p><i>*Please note practice attendance over long weekend is a requirement for participation in the Ed Sias Invitational.</i></p>	<p>5</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM *Fitness warm-up. *RECOVERY run 30, 35, 40, 45 min. (RPE=3.5) *6 x 15 sec. HIIT, 15 sec. EASY (RPE=10) *Lower-leg circuit for all early finishers. *Ladder Drills. *General Strength Circuit or Stadium Step Circuit.</p>	<p>6</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *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 (RPE=7-9) *EASY run 10 min. *Performance cool down.</p>	<p>7</p> <p>ALL TEAM: 3:50-6:00PM *GSM Routine. *LSD run 50, 55, 60, 65 min. on Rim Trail (RPE=4.5) *5 x 'S' Drill: 100m @ 50%, 100m @ 70%, 100m @ 90%. *Lower-leg circuit for all early finishers. *Leg Strength Circuit.</p>	<p>8</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4) *6 x 15 sec. HIIT, 15 sec. EASY (RPE=10)</p> <p>ALL TEAM: 3:15-5:45PM *Fitness warm-up. *RECOVERY run 25, 30, 35 min. (RPE=3.5) *Lower-leg circuit for all early finishers. *General Strength Circuit or Stadium Step Circuit.</p>	<p>9</p> <p><i>ACT TEST DATE</i></p> <p>ALL TEAM: 7:00AM-2:30PM <i>NO bus. All athletes must arrive at Hidden Valley Park by 7:00am.</i> *Performance Warm up. *EASY run 25 min. (RPE=3-4) RACE: Ed Sias Invitational @ Hidden Valley Park *LSD run 40-55+ min (RPE=4.5) *Stretch. *Help clean up!</p>
<p>SEPTEMBER 10</p> <p>ON YOUR OWN: *Pool or bike *Self massage. *Stretch.</p>	<p>11</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 20 min. (RPE=3.5)</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *2 x 9 min. @ 20k, 2 min. easy, 4 min. @ 20k, 1 min. easy (RPE=6) *4 x 30 sec. @ 1600m, 1 min. easy (RPE=9) *EASY run 10 min. *Performance cool down.</p>	<p>12</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM *Fitness warm-up. *RECOVERY run 30, 35, 40, 45 min. (RPE=3.5) *6 x 15 sec. HIIT, 15 sec. EASY (RPE=10) *Lower-leg circuit for all early finishers. *Ladder Drills. *General Strength Circuit or Stadium Step Circuit.</p>	<p>13</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *25-30 min. Rim Trail HILL CIRCUIT @ 100% max effort on up hill. EASY run blwn each (RPE=10) *EASY run 10 min. *Performance cool down.</p>	<p>14</p> <p>ALL TEAM: 3:50-6:00PM *GSM Routine. *LSD run 50, 55, 60, 65 min. (RPE=4.5) *6 x 100m STRIDES w/ equal distance jog recovery after each. (RPE=9) *Lower-leg circuit for all early finishers. *Leg Strength Circuit.</p>	<p>15</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4) *6 x 15 sec. HIIT, 15 sec. EASY (RPE=10)</p> <p>ALL TEAM: 3:15-5:45PM *Fitness warm-up. *RECOVERY run 25, 30, 35 min. (RPE=3.5) *Lower-leg circuit for all early finishers. *General Strength Circuit or Stadium Step Circuit.</p>	<p>16</p> <p>ALL TEAM: 7:30AM-1:00PM <i>NO bus. All athletes must arrive at Newhall Park by 7:30am.</i> *Performance Warm up. *EASY run 25 min. (RPE=3-4) RACE: DLS Invitational @ Newhall Park *LSD run 40-55+ min (RPE=4.5) *Stretch.</p>

2023 FALL SEASON SCHEDULE

PRACTICE & MEET ATTENDANCE IS A REQUIREMENT OF PARTICIPATION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SEPTEMBER 17</p> <p>ON YOUR OWN: *Pool or bike *Self message. *Stretch.</p>	<p>18</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 20 min. (RPE=3.5)</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *2 x 10 min. PROGRESSION run: EASY to 10k pace. (RPE=3-7) *EASY run 10 min. *Performance cool down.</p>	<p>19</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 10 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM *Fitness warm-up. *RECOVERY run 25, 30, 35, 40 min. (RPE=3.5) *6 x 15 sec. HIIT, 15 sec. EASY. *Lower-leg circuit for all early finishers. *Ladder Drills. *General Strength Circuit or Stadium Step Circuit.</p>	<p>20</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *4 x 1000m or 4 x 1500m SURGE *INTERVALS @ 10k first 300m / 800m rest 200m of each 500m w/ rolling 500m recovery b/w each. (RPE=7-8.5) *EASY run 15 min. *Performance cool down.</p>	<p>21</p> <p>ALL TEAM: 3:50-6:00PM *GSM Routine. *LSD run 45, 50, 55, 60 min. (RPE=4.5) *4 x 'S' Drill: 100m @ 50%, 100m @ 70%, 100m @ 90%. *Lower-leg circuit for all early finishers. *Leg Strength Circuit.</p>	<p>22</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 20 min. (RPE=4) *6 x 15 sec. HIIT, 15 sec. EASY. (RPE=10)</p> <p>ALL TEAM: 3:15-5:45PM *Fitness warm-up. *RECOVERY run 25, 30, 35 min. (RPE=3.5) *Lower-leg circuit for all early finishers. *4 x 40 sec. @ 3200m, 80 sec. easy. *General Strength Circuit or Stadium Step Circuit.</p>	<p>23</p> <p>ALL TEAM: 8:30AM-10:30AM <i>This practice session will meet at Joaquin Moraga Middle School, 1010 Camino Pablo, Moraga.</i> *GSM Routine. *LSD run 60, 65, 70, 75+ min. (RPE=4.5) *Stretch.</p>
<p>SEPTEMBER 24</p> <p>ON YOUR OWN: *Pool or bike *Stretch.</p>	<p>25</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 20 min. (RPE=3.5)</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *TEMPO run 20 min. @ 20k. (RPE=6) *4 x 20 sec. @ 400m, 1 min. easy. (RPE=10) *EASY run 15 min. *Performance cool down.</p>	<p>26</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 20 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM *Fitness warm-up. *RECOVERY run 25, 30, 35, 40 min. (RPE=3.5) *6 x 20 sec. HIIT, 10 sec. EASY. *Lower-leg circuit for all early finishers. *Ladder Drills. *General Strength Circuit or Stadium Step Circuit.</p>	<p>27</p> <p>ALL TEAM: 1:45-6:30PM <i>Bus leaves CHS at 1:55pm!</i> *Performance Warm up. *EASY run 25 min. (RPE=3-4) RACE: DAL Center Meet @ Hidden Valley Park *EASY run 20 min. *Performance cool down.</p>	<p>28</p> <p>ALL TEAM: 3:50-6:00PM *GSM Routine. *LSD run 45, 50, 55, 60 min. (RPE=4.5) *8 x 100m STRIDES w/ equal distance jog recovery after each. (RPE=9) *Lower-leg circuit for all early finishers. *Leg Strength Circuit.</p>	<p>29</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 20 min. (RPE=4) *6 x 20 sec. HIIT, 10 sec. EASY. (RPE=10)</p> <p>ALL TEAM: 3:15-5:45PM *Fitness warm-up. *RECOVERY run 25, 30, 35 min. (RPE=3.5) *6 x 40 sec. @ 3200m, 80 sec. easy. *Lower-leg circuit for all early finishers. *General Strength Circuit or Stadium Step Circuit.</p>	<p>30</p> <p>ALL TEAM: 8:30AM-10:30AM <i>This practice session will meet at Wagnor Ranch Elementary, 350 Camino Pablo, Orinda.</i> *GSM Routine. *LSD run 65, 70, 75, 80+ min. (RPE=4.5) *Stretch.</p>
<p>OCTOBER 1</p> <p>ON YOUR OWN: *Pool or bike *Self message. *Stretch.</p>	<p>2</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 20 min. (RPE=3.5)</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *3 x 3 min. @ 10k, 1 min. easy, 2 min. @ 5k, 2 min. easy. (RPE=7-8) *4-6 x 150m incline @ 800m effort w/ jog back recovery b/w each. (RPE=9.5) *EASY run 10 min. *Performance cool down.</p>	<p>3</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM *Fitness warm-up. *RECOVERY run 30, 35, 40, 45 min. (RPE=3.5) *6 x 20 sec. HIIT, 10 sec. EASY. (RPE=10) *Lower-leg circuit for all early finishers. *Ladder Drills. *General Strength Circuit or Stadium Step Circuit.</p>	<p>4</p> <p>ALL TEAM: 5:00-9:00PM <i>Athletes must arrive 90 minutes in advance of scheduled race time.</i> *Performance Warm up. *EASY run 25 min. (RPE=3-4) RACE: Mid-Season Mania: 1600m Time Trials Under the Lights @ CHS *EASY run 20 min. *Performance cool down.</p>	<p>5</p> <p>ALL TEAM: 3:50-6:00PM *GSM Routine. *LSD run 45, 50, 55, 60 min. (RPE=4.5) *5 x 'S' Drill: 100m @ 50%, 100m @ 70%, 100m @ 90%. *Lower-leg circuit for all early finishers. *Leg Strength Circuit.</p>	<p>6</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4) *6 x 20 sec. HIIT, 10 sec. EASY. (RPE=10)</p> <p>ALL TEAM: 3:15-5:45PM *Fitness warm-up. *RECOVERY run 25, 30, 35 min. (RPE=3.5) *6 x 40 sec. @ 3200m, 80 sec. easy. *Lower-leg circuit for all early finishers. *General Strength Circuit or Stadium Step Circuit.</p>	<p>7</p> <p><i>SAT TEST DATE</i> ALL TEAM: 8:00AM-1:00PM <i>NO Bus. All athletes must arrive at Hidden Valley Park by 8:00am!</i> *Performance Warm up. *Run EASY 10 min. (RPE=3-4) RACE: Orienteering Championships @ Hidden Valley Park *LSD run 40-50 min. (RPE=4.5) *TEAM BBQ! *Help clean up! <i>*Please note practice attendance over long weekend is a requirement for participation in the Roughrider Invite.</i></p>
<p>OCTOBER 8</p> <p>ON YOUR OWN: *Pool or bike *Self message. *Stretch.</p>	<p>9</p> <p><i>NO SCHOOL</i> TOP VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 20 min. (RPE=3.5)</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *TEMPO run 20-25 min. @ 20k. (RPE=6) *4 x 20 sec. @ 400m, 1 min. easy. (RPE=10) *EASY run 15 min. *Performance cool down. <i>*Please note practice attendance over long weekend is a requirement for participation in the Roughrider Invite.</i></p>	<p>10</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM *Fitness warm-up. *RECOVERY run 30, 35, 40, 45 min. (RPE=3.5) *6 x 20 sec. HIIT, 10 sec. EASY. (RPE=10) *Lower-leg circuit for all early finishers. *Ladder Drills. *General Strength Circuit or Stadium Step Circuit.</p>	<p>11</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *4 x 1000m or 4 x 1500m SURGE *INTERVALS @ 10k first 300m / 800m rest 200m of each 500m w/ rolling 500m recovery b/w each. (RPE=7-8.5) *EASY run 15 min. *Performance cool down.</p>	<p>12</p> <p>ALL TEAM: 3:50-6:00PM *GSM Routine. *LSD run 45, 50, 55, 60 min. (RPE=4.5) *10 x 100m STRIDES w/ equal distance jog recovery after each. (RPE=9) *Lower-leg circuit for all early finishers. *Leg Strength Circuit.</p>	<p>13</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4) *6 x 20 sec. HIIT, 10 sec. EASY. (RPE=10)</p> <p>TOP 40: 10:30AM-10:00PM <i>Bus leaves CHS at 10:30am!</i> *Performance Warm up. *EASY run 25 min. (RPE=3-4) RACE: Roughrider Invitational @ Woodward Park *EASY run 20 min. *Performance cool down.</p> <p>REMAINING TEAM: 3:15-5:45PM *Fitness warm-up. *RECOVERY run 25, 30, 35 min. (RPE=3.5) *6 x 40 sec. @ 3200m, 80 sec. easy. *Lower-leg circuit for all early finishers.</p>	<p>14</p> <p><i>PSAT TEST DATE</i> ALL TEAM: 8:30AM-10:30AM <i>This practice session will meet at Joaquin Moraga Middle School, 1010 Camino Pablo, Moraga.</i> *GSM Routine. *LSD run 70, 75, 80, 85+ min. (RPE=4.5) *Stretch.</p>
<p>OCTOBER 15</p> <p>ON YOUR OWN: *Pool or bike *Self message. *Stretch.</p>	<p>16</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *RECOVERY run 20 min. (RPE=3.5)</p> <p>ALL TEAM: 3:15-5:45PM *Performance Warm up. *EASY run 20 min. (RPE=3-4) *3 x 3 min. @ 10k, 1 min. easy, 2 min. @ 5k, 2 min. easy. (RPE=7-8) *4-6 x 150m incline @ 800m effort w/ jog back recovery b/w each. (RPE=9.5) *EASY run 10 min. *Performance cool down.</p>	<p>17</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM *Fitness warm-up. *RECOVERY run 30, 35, 40, 45 min. (RPE=3.5) *7 x 15 sec. HIIT, 15 sec. EASY. (RPE=10) *Lower-leg circuit for all early finishers. *Ladder Drills. *General Strength Circuit or Stadium Step Circuit.</p>	<p>18</p> <p>ALL TEAM: 1:45-6:30PM <i>Bus leaves CHS at 1:55pm!</i> *Performance Warm up. *EASY run 25 min. (RPE=3-4) RACE: DAL Center Meet @ Newhall Park *EASY run 20 min. *Performance cool down. *Help clean up!</p>	<p>19</p> <p>ALL TEAM: 3:50-6:00PM *GSM Routine. *LSD run 45, 50, 55, 60 min. (RPE=4.5) *5 x 'S' Drill: 100m @ 50%, 100m @ 70%, 100m @ 90%. *Lower-leg circuit for all early finishers. *Leg Strength Circuit.</p>	<p>20</p> <p>TOP VETERANS: AM ON OWN *GSM Routine. *MAINTENANCE run 25 min. (RPE=4) *7 x 15 sec. HIIT, 15 sec. EASY. (RPE=10)</p> <p>ALL TEAM: 3:15-5:45PM *Fitness warm-up. *RECOVERY run 25, 30, 35 min. (RPE=3.5) *6 x 40 sec. @ 3200m, 80 sec. easy. *Lower-leg circuit for all early finishers. *General Strength Circuit or Stadium Step Circuit.</p>	<p>21</p> <p>ALL TEAM: 8:30AM-10:30AM <i>This practice session will meet at Wagnor Ranch Elementary, 350 Camino Pablo, Orinda.</i> *GSM Routine. *LSD run 70, 75, 80, 85+ min. (RPE=4.5) *Stretch.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OCTOBER 22</p> <p>ON YOUR OWN: •Pool or bike •Self massage. •Stretch.</p>	<p>23</p> <p>ALL TEAM: 3:15-5:45PM •Performance Warm up. •EASY run 20 min. (RPE=3-4) •2 x 10 min. PROGRESSION run: EASY to 10k pace. (RPE=3-7) •EASY run 10 min. •Performance cool down.</p>	<p>24</p> <p>TOP VETERANS: AM ON OWN •GSM Routine. •MAINTENANCE run 10 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM •Fitness warm-up. •RECOVERY run 25, 30, 35, 40 min. (RPE=3-5) •7 x 15 sec. HIIT, 15 sec. EASY. (RPE=10) •Lower-leg circuit for all early finishers. •Ladder Drills. •General Strength Circuit or Stadium Step Circuit.</p>	<p>25</p> <p>ALL TEAM: 5:00-9:00PM <i>Athletes must arrive 90 minutes in advance of scheduled race time.</i> •Performance Warm up. •EASY run 25 min. (RPE=3-4) RACE: Mid-Season Mania: 3200m Time Trials Under the Lights @ CHS •EASY run 20 min. •Performance cool down.</p>	<p>26</p> <p>ALL TEAM: 3:50-6:00PM •GSM Routine. •LSD run 45, 50, 55, 60 min. (RPE=4.5) •6 x 100m STRIDES w/ equal distance walk recovery after each. (RPE=9) •Lower-leg circuit for all early finishers. •Leg Strength Circuit.</p>	<p>27</p> <p>TOP VETERANS: AM ON OWN •GSM Routine. •MAINTENANCE run 20 min. (RPE=4) •7 x 15 sec. HIIT, 15 sec. EASY. (RPE=10)</p> <p>ALL TEAM: 3:15-5:45PM •Fitness warm-up. •RECOVERY run 25, 30, 35 min. (RPE=3-5) •3 x 200m @ 1600m w/ equal distance jog btwn each. •Lower-leg circuit for all early finishers. •General Strength Circuit or Stadium Step Circuit.</p>	<p>28</p> <p><i>ACT TEST DATE</i> ALL TEAM: 8:30AM-10:30AM <i>This practice session will meet at Newhall Park, Turtle Creek Road, Concord.</i> •Performance Warm up. •EASY run 20 min. (RPE=3-4) 50min MYSTERY FARTLEK. •Performance cool down.</p>
<p>OCTOBER 29</p> <p>ON YOUR OWN: •Pool or bike •Stretch.</p>	<p>30</p> <p>ALL TEAM: 3:15-5:45PM •GSM Routine. •LSD run 65, 70, 75, 80 min. Progression to 10k effort over final 20 min. (RPE=4-7) •Stretch.</p>	<p>31</p> <p>TOP VETERANS: AM ON OWN •GSM Routine. •MAINTENANCE run 20 min. (RPE=4)</p> <p>ALL TEAM: 3:50-6:00PM •Fitness warm-up. •RECOVERY run 30, 35, 40, 45 min. (RPE=3-5) •7 x 20 sec. HIIT, 10 sec. EASY. (RPE=10) •Lower-leg circuit for all early finishers. •Ladder Drills. •General Strength Circuit or Stadium Step Circuit.</p>	<p>NOVEMBER 1</p> <p>ALL TEAM: 3:15-5:45PM •Performance Warm up. •EASY run 20 min. (RPE=3-4) •2 x 90 sec. @ 3200m, 90 sec. easy. (RPE=8.5) •10-15 min. @ 20k, 3 min. easy. (RPE=6) •2 x 90 sec. @ 3200m, 90 sec. easy. (RPE=8.5) •EASY run 10 min. •Performance cool down.</p>	<p>2</p> <p>ALL TEAM: 3:50-6:00PM •GSM Routine. •LSD run 40, 45, 50 min. (RPE=4.5) •4 x 500m @ 10k w/ 100m walk back recovery btwn each. •EASY run 5 min. (RPE=3-4) •Lower-leg circuit for all early finishers. •Leg Strength Circuit.</p>	<p>3</p> <p>TOP VETERANS: AM ON OWN •GSM Routine. •MAINTENANCE run 20 min. (RPE=4) •7 x 20 sec. HIIT, 10 sec. EASY. (RPE=10)</p> <p>ALL TEAM: 3:15-5:45PM •Fitness warm-up. •RECOVERY run 25, 30, 35 min. (RPE=3-5) •4 x 100m STRIDES from box start w/ walk back recovery btwn each. (RPE=9) •Lower-leg circuit for all early finishers. •General Strength Circuit or Stadium Step Circuit.</p>	<p>4</p> <p><i>SAT TEST DATE</i> ALL TEAM: 11:00AM-5:30PM <i>NO bus. All athletes must arrive at Hidden Valley Park by 11:00am.</i> •Performance Warm up. •EASY run 25 min. (RPE=3-4) RACE: DAL Championships @ Hidden Valley Park •EASY run 20 min. •Performance cool down. •Help clean up!</p>
<p>NOVEMBER 5</p> <p>ON YOUR OWN: •Pool or bike •Self massage. •Stretch.</p>	<p>6</p> <p>VARSIITY: 3:15-5:45PM •GSM Routine. •LSD run 80 min. (Progression to 10k effort over final 20 min.) (RPE=4-7) •Stretch.</p>	<p>7</p> <p>TOP VETERANS: AM ON OWN •GSM Routine. •MAINTENANCE run 20 min. (RPE=4)</p> <p>VARSIITY: 3:50-6:00PM •Fitness warm-up. •RECOVERY run 45 min. (RPE=3.5) •7 x 20 sec. HIIT, 10 sec. EASY. (RPE=10) •Ladder Drills. •General Strength Circuit.</p>	<p>8</p> <p>VARSIITY: 3:15-5:45PM •Performance Warm up. •EASY run 20 min. (RPE=3-4) •1 x 400m @ 1600m, 200m easy. (RPE=9) •1 x 1200m, 4 x 800m @ 5k w/ 400m jog after each. (RPE=8) •1 x 400m @ 1600m. •EASY run 15 min. •Performance cool down.</p>	<p>9</p> <p>VARSIITY: 3:15-5:45PM •GSM Routine. •LSD run 50 min. (RPE=4.5) •6 x 100m STRIDES w/ equal distance walk recovery after each. •Leg Strength Circuit.</p>	<p>10</p> <p><i>NO SCHOOL</i> VARSIITY: 9:00-11:00AM •Fitness warm-up. •RECOVERY run 35 min. (RPE=3.5) •3 x 200m @ 1600m w/ equal distance jog btwn each. •General Strength Circuit.</p> <p>TOP VETERANS: PM ON OWN •GSM Routine. •MAINTENANCE run 20 min. (RPE=4) •7 x 20 sec. HIIT, 10 sec. EASY. (RPE=10)</p> <p><i>*Please note practice attendance over long weekend is a requirement for participation in the NCS championships.</i></p>	<p>11</p> <p>VARSIITY: 7:00-11:30AM <i>Drive to Hayward HS. Carpool leaves CHS at 7:00am.</i> •Performance Warm up. •EASY run 20 min. (RPE=3-4) 50min MYSTERY FARTLEK •Performance cool down.</p> <p><i>*Please note practice attendance over long weekend is a requirement for participation in the NCS championships.</i></p>
<p>NOVEMBER 12</p> <p>ON YOUR OWN: •Pool or bike •Self massage. •Stretch.</p>	<p>13</p> <p>VARSIITY: 3:15-5:45PM •GSM Routine. •LSD run 90 min. (Progression to 10k effort over final 20 min.) (RPE=4-7) •Stretch.</p>	<p>14</p> <p>VARSIITY: 3:50-6:00PM •Fitness warm-up. •RECOVERY run 40 min. (RPE=3.5) •Ladder Drills. •General Strength Circuit.</p>	<p>15</p> <p>VARSIITY: 3:15-5:45PM •Performance Warm up. •EASY run 20 min. (RPE=3-4) •3 x 90 sec. @ 3200m, 90 sec. easy. (RPE=8.5) •10 min. @ 20k, 3 min. easy. (RPE=6) •2 x 90 sec. @ 3200m, 90 sec. easy. (RPE=8.5) •EASY run 15 min. •Performance cool down.</p>	<p>16</p> <p>VARSIITY: 3:50-6:00PM •GSM Routine. •LSD run 45 min. (RPE=4.5) •5-6 x 500m @ 10k w/ 100m walk back recovery btwn each. (RPE=7) •EASY run 5 min.</p>	<p>17</p> <p>VARSIITY: 3:15-5:45PM •Fitness warm-up. •RECOVERY run 30 min. (RPE=3.5) •4 x 100m STRIDES from box start w/ walk back recovery btwn each. (RPE=9)</p>	<p>18</p> <p>VARSIITY: TBA <i>Carpool TBA.</i> •Performance Warm up. •EASY run 25 min. (RPE=3-4) RACE: NCS Championships @ Hayward HS •EASY run 20 min. •Performance cool down.</p>
<p>NOVEMBER 19</p> <p>ON YOUR OWN: •Pool or bike •Self massage. •Stretch.</p>	<p>20</p> <p><i>NO SCHOOL</i> VARSIITY: 8:30-10:30AM •GSM Routine. •LSD run 70 min. (RPE=4.5) •Stretch.</p> <p><i>*Please note practice attendance over Thanksgiving break is a requirement for participation in the CIF state championships.</i></p>	<p>21</p> <p><i>NO SCHOOL</i> VARSIITY: 8:30-10:30AM •Fitness warm-up. •RECOVERY run 40 min. (RPE=3.5) •Ladder Drills.</p> <p><i>*Please note practice attendance over Thanksgiving break is a requirement for participation in the CIF state championships.</i></p>	<p>22</p> <p><i>NO SCHOOL</i> VARSIITY: 8:30-10:30AM •Performance Warm up. •EASY run 20 min. (RPE=3-4) •1 x 400m @ 1600m, 200m easy. (RPE=9) •1 x 1200m, 2 x 800m @ 5k w/ 400m jog btwn each. (RPE=8) •1 x 400m @ 1600m. •EASY run 15 min. •Performance cool down.</p> <p><i>*Please note practice attendance over Thanksgiving break is a requirement for participation in the CIF state championships.</i></p>	<p>23</p> <p><i>NO SCHOOL</i> VARSIITY: 8:30-10:30AM •GSM Routine. •LSD run 40 min. (RPE=4.5) •5-6 x 500m @ 10k w/ 100m walk back recovery btwn each. (RPE=7) •EASY run 5 min.</p> <p><i>*Please note practice attendance over Thanksgiving break is a requirement for participation in the CIF state championships.</i></p>	<p>24</p> <p><i>NO SCHOOL</i> VARSIITY: TBA <i>AM Team Departure to Fresno TBA.</i> •RECOVERY run 25 min. (RPE=3.5) •4 x 100m STRIDES from box start w/ walk back recovery btwn each. (RPE=9)</p> <p><i>*Please note practice attendance over Thanksgiving break is a requirement for participation in the CIF state championships.</i></p>	<p>25</p> <p>VARSIITY: TBA •Performance Warm up. •EASY run 25 min. (RPE=3-4) RACE: CIF Championships @ Woodward Park •EASY run 20 min. <i>Return to CHS approximately 7:00pm.</i></p>