

# COUGAR TRACK & FIELD

## 2010 SPRING SEASON LD SCHEDULE

MONDAY through SATURDAY track & field team practice attendance is mandatory.

### NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

##### • 800m EASY run

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

##### • 400m EASY run

10 x lateral leg swings on fence  
10 x linear leg swings on fence

##### • 400m MEDIUM run

2 x 10m forward "h" skips  
2 x 10m forward knee lift  
2 x 10m forward heel lift

##### • 1200m MEDIUM run

3 x 30m accelerate, 10m sprint, 30m decelerate

#### PERFORMANCE COOL-DN (wks 1-5) PHASE 1

##### • 1600m MEDIUM run

10 x Forward Trail Leg Fence Hrdls  
10 x Push Ups  
2 x 10m Forward Lunge  
10 x Double Leg Hop Ups on bench

##### • 400m EASY run

10 x Backward Trail Leg Fence Hrdls  
10 x Triceps Dips on bench  
2 x 10m Lateral Lunge  
10 x Lateral Step Ups on bench

##### • 400m EASY run

4 minute Abs, Back circuit (60 seconds per activity)

##### • 800m BAREFOOT EASY run on turf (three turf laps)

Stretch circuit

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

##### • 800m EASY run

**A: CIRCUIT** (Tues/Fri)  
11 x 40-60m jog / strength circuit:

- eagles, on chest, heel to hand
- eagles, on back, toe to hand
- inverted splits
- inverted scissors
- side leg raises, toe twists
- opposite arm/leg raises, on chest
- scoops
- hands & knees scorpions
- hurdle position leg lifts
- low reach crunch
- hands & knees hydrants

Jog Variation Between Each:

- backward jog x 2
- 360° jog x 2
- crossover forward jog x 2
- wide step forward jog x 2
- lateral shuffle x 2

##### **B: CIRCUIT** (Thur)

- 9 x 40-60m jog / strength circuit:
- hip/trunk rotations, on back, shldr flat
  - hands & knees straight leg circles
  - pistons, "h" position to full extension
  - side clams
  - hands & knees bird dogs
  - side crunches
  - chest lifts
  - thrusters
  - standing "h"

Jog Variation Between Each:

- forward skip & arm swing x 1
- backward skip & arm swing x 1
- 360 skip & arm swing x 2
- hip twist skip & arm swing x 2
- forward saddle skips x 2

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

barefoot drill circuit on turf:

- heel to toe calf raise walk
- toes up/out, toes up/in, heels up/out, heels up/in

-60 sec. Squat Circles, hands push IN on knees

-60 sec. Squat Circles, hands push OUT on knees

4 minute plank drill: continuous rotation: front-plank/side-plank/back-plank

Stretch circuit

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

##### • 800m EASY run

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

##### • 400m EASY run

10 x lateral leg swings on fence  
10 x linear leg swings on fence

##### • 400m MEDIUM run

2 x 15m forward "h" skips  
2 x 15m forward rotary run  
2 x 15m forward quick skip-  
-30m acceleration

##### • 1200m MEDIUM run

3 x lateral in place dbl leg hops, 30m accelerate, 20m sprint, 30m decelerate

#### PERFORMANCE COOL-DN (wks 6-10) PHASE 2

##### • 1600m MEDIUM run

2 x 10 hrdl walkovers "30"  
10 x Push Ups SPIDER  
2 x 10m Backward Lunge/Twist  
10 x Triceps Dips w/ leg lift

##### • 400m EASY run

Mountain Climber Matrix:  
-20 x single IN  
-20 x single OUT  
-10 x torso twist  
2 x 10m dbl leg lateral hop-squats

##### • 400m EASY run

4 minute Abs, Back circuit (60 seconds per activity)

##### • 800m BAREFOOT EASY run on turf (three turf laps)

Stretch circuit

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

##### • 800m EASY run

**A: CIRCUIT** (Tues/Fri)  
11 x 40-60m jog / strength circuit:

- eagles, on chest, heel to hand
- eagles, on back, toe to hand
- inverted splits
- inverted scissors
- arm stand, side leg hold, toe twists
- opposite arm/leg scissor, on chest
- suitcases, on tail bone
- forearm stand bent leg raises
- sitting bicycle
- oscillating heel reach
- elbow stand bent leg raises

Jog Variation Between Each:

- forward skip & arm swing x 2
- backward skip & arm swing x 2
- 360° skip & arm swing x 2
- hip twist skip & arm swing x 2
- forward saddle skips x 2

##### **B: CIRCUIT** (Thur)

- 9 x 40-60m jog / strength circuit:
- hip/trunk rotations, on back, shldr flat
  - hands & knees donkey whip
  - straight leg lifts/scissors, on back
  - hands & knees fwd/bkwd knee circles
  - push up position, bird dogs
  - russian twists
  - legs up arm crawl, on chest
  - v-ups
  - standing "h" strike drill

Jog Variation Between Each:

- backward jog x 2
- 360 jog x 2
- crossover backward jog x 1
- wide step backward jog x 1
- lateral crossover x 2

#### FITNESS COOL-DOWN (wks 6-10) PHASE 2

barefoot drill circuit on turf:

- ground grabbers
- toes up/out, toes up/in, heels up/out, heels up/in

-2 x 10 speed skater Squats  
-2 x 10m Banana Rolls

4 minute plank drill: continuous rotation: front-plank/side-plank/back-plank w/ straight leg lifts

Stretch circuit

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### NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

##### • 800m EASY run

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

##### • 400m EASY run

10 x lateral leg swings on fence  
10 x linear leg swings on fence

##### • 400m MEDIUM run

2 x 20m forward "B" skips-  
-30m accelerate  
2 x 20m forward rotary run-  
-30m accelerate  
2 x 20m forward/lateral quick skip  
-30m accelerate

##### • 1200m MEDIUM run

3 x lateral in place dbl leg hops, 180  
turn, 30m accelerate, 30m  
sprint, 30m decelerate

#### PERFORMANCE COOL-DN (wks 11-15) PHASE 3

##### • 1600m MEDIUM run

2 x 10 BACKWARD hrdl walkovers 30"  
10 x split lunge hops  
2 x 10 dbl leg lateral hop-ups on bench

##### • 400m EASY run

10 x burpees w/ Push Up SPLITS  
10 x Triceps Dips w/ leg lift  
2 x 10m diagonal power bounds

##### • 400m EASY run

4 minute Abs, Back circuit (60 seconds  
per activity)

##### • 800m BAREFOOT EASY run on turf (three turf laps)

Stretch circuit

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

##### • 800m EASY run

##### A: CIRCUIT (Tues/Fri)

9 x 40-60m jog / strength circuit:

-eagles, on chest, heel to hand  
-eagles, on back, toe to hand  
-inverted splits  
-inverted scissors  
-arm stand, side leg raises, toe twists  
-arm/leg scissors, on chest  
-v-ups  
-forearm stand bent leg raises  
-elbow stand bent leg raises

Jog Variation Between Each:

-forward jog x 2  
-backward jog x 4  
-360° jog x 2

##### B: CIRCUIT (Thur)

7 x 40-60m jog / strength circuit:

-hip/trunk rotations, on back, shldr flat  
-straight leg lifts/scissors, on back  
-push up position, bird dogs  
-side ups  
-legs up arm crawl, on chest  
-scoop thrusts  
-standing "h" SWITCH drill

Jog Variation Between Each:

-lateral shuffle x 2  
-lateral crossover x 2  
-power skips x 2

#### FITNESS COOL-DOWN (wks 11-15) PHASE 3

barefoot drill circuit on turf:

-heel to toe calf raise walk  
-ankle circles

-2 x 10m Banana Rolls  
-2 x one legged squats on bench

4 minute plank drill: continuous rota-  
tion: front-plank/side-plank/back-plank  
w/ straight leg & arm lifts

Stretch circuit

#### PLYO-SWISS BALL CIRCUIT (wks 1-5) PHASE 1

60-90 seconds per activity. 50m Ac-  
celeration between each.

##### SWISS BALL:

1. Supine Bridge on Shoulders
2. Inner Thigh Drop Push
3. Stink Bugs
4. Sideways Oblique Crunch
5. Supine Bridge Hamstring Curl
6. Supine Leg Lift Twists
7. Hips on Ball Opposite Arm/Leg Raises
8. Hand to Ankle Ball Pass
9. Prone Hips on Ball Leg Lifts
10. Side Split Leg Raises

##### PLYO BALL:

1. Jumping Jacks
2. Standing Straight Arm Circles
3. Standing Straight Arm Twists
4. Seal Jacks
5. 2 Ball Push up
6. Inchworm Rollout/back
7. Crossover Flings
8. Russian Twist
9. Squat Press to Overhead
10. Jump Rope Hops

#### PLYO-SWISSBALL CIRCUIT (wks 6-15) PHASE 2 & 3

60-90 seconds per activity. 50m Ac-  
celeration between each.

##### SWISS BALL:

1. Supine Bridge Lateral Walk
2. Inner Thigh Drop Push
3. Stink Bug to Pike
4. Sideways Oblique Crunch
5. Supine Bridge Hip Thrust Hamstring Curl
6. Supine Leg Lift Twists
7. Hips on Ball Cobra Raises
8. Hand to Ankle Ball Pass
9. Prone Hips on Ball Leg Lift Splits
10. Side Split Leg Raises

##### PLYO BALL:

1. Jumping Jacks
2. Standing Wood Chops
3. Sit Up, Stand Ups
4. Seal Jacks
5. 1 Ball Push up Switch
6. Inchworm Bounce out/back
7. Crossover Flings
8. Three Bounce Twist
9. Squat Press Jump
10. Jump Rope Hops w/ Straight Arm Ball Hold

#### WEIGHT CIRCUIT MD & LD ROUTINE

2-3 circuits:

12 x bench press  
12 x arm curls  
12 x triceps push downs  
12 x lat pulls  
12 x military press  
12 x bent rows  
12 x upright rows  
20 x side pulls  
20 x leg curls  
20 x leg extensions

#### STRETCH CIRCUIT MD & LD ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg cross-  
over, side reach over head)
4. Hamstring (standing crossover  
reach)
5. Quad (standing, pull ankle behind  
glute)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to  
glute)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/Glute (ankle on knee, sag  
hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Glute/hip (corkscrew sit/ knee to  
chest)

2010 SPRING SEASON LD SCHEDULE

Activities Subject to Change. Practice is NEVER Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Feb 7 <b>ON YOUR OWN:</b> •Run LSD 55-65 min @ San Pablo Reservoir trail Orinda. •Stretch.	8 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 10-15 min.  <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 20-30 min. •Fitness cool down. •Stretch.	9 <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 15 min. •2-3 x 1600-2000m @ 10k pace (95% VO2) with 2.5 min. rest btwn each. •4 x STRIDES on turf. •Performance cool down. •Stretch.  •Weight circuit x 2.	10 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 10-15 min.  <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 25-35 min. •Fitness cool down. •Stretch.	11 <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 20 min. •2 x 3-2-1 min. FARTLEK @ 10k-5k-3200m pace w/ 6 min. run btwn sets. •Run EASY 10 min. •Performance cool down. •Stretch.  •Weight circuit x 2.	12 <b>NO SCHOOL</b> <b>ALL TEAM: 9:00AM</b> •Fitness warm-up B. •Run LSD 50-65 min. HILLS on Rim Trail. •3 x 50m UPHILL STRIDES on access road to track. •Stretch.  <b>VARSITY: 5:00PM</b> •Fitness Circuit •Run EASY 10-15 min.	13 <b>ALL TEAM: 9:00AM</b> •Weight circuit x 3. •Pool workout. •Stretch.
Feb 14 <b>ON YOUR OWN:</b> •Run LSD 60-75 min HILLS @ Redwood on French Trail. •Stretch.	15 <b>NO SCHOOL</b> <b>ALL TEAM: 9:00AM</b> •Fitness warm-up A. •Run EASY 20-35 min. •Fitness cool down. •Stretch.  <b>VARSITY: 5:00PM</b> •Fitness Circuit •Run EASY 15-20 min.	16 <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 15 min. •2-3 x 2000-2400m @ 20k (90% VO2) with 1.5 min. rest btwn each. •4 x STRIDES on turf. •Performance cool down. •Stretch.  •Weight circuit x 2.	17 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 15-20 min.  <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 30-40 min. •Fitness cool down. •Stretch.	18 <b>ALL TEAM: 3:30PM</b> •Fitness warm-up B. •Run LSD 50-65 min. FLAT to Staging Area & Back. •3 x 200m @ 3200m pace with equal distance jog btwn each. •Stretch.  •Weight circuit x 2.	19 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 15-20 min.  <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 15 min. •3-4 x Pyramid HILL REPETITIONS @ 100% max effort on up hill, EASY jog btwn each. •Performance cool down. •Stretch.	20 <b>ALL TEAM: 9:00AM</b> •Weight circuit x 3. •Pool workout. •Stretch.
Feb 21 <b>ON YOUR OWN:</b> •Run LSD 65-80 min @ Bayview Trail. •Stretch.	22 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 15-20 min.  <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 15 min. •3-4 x 1600-2000m @ 10k pace (95% VO2) with 2.5 min. rest btwn each. •4-6 x STRIDES on turf. •Performance cool down. •Stretch.	23 <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 25-40 min. •Fitness cool down. •Stretch.  •Weight circuit x 3.	24 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 15-20 min.  <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 15 min. •3 x 3-2-1 min. FARTLEK @ 10k-5k-3200m pace w/ 6 min. run btwn sets. •Run EASY 10 min. •Performance cool down. •Stretch.	25 <b>ALL TEAM: 3:30PM</b> •Fitness warm-up B. •Run LSD 55-70 min. HILLS on Rim Trail. •4 x 50m UPHILL STRIDES on access road to track. •Stretch.  •Weight circuit x 2.  <b>ALL PARENTS: 5:30PM</b> Parent Meeting @ CHS	26 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 15-20 min.  <b>ALL TEAM: 3:30PM</b> •Performance Warm up. <b>RACE: Team Time Trials</b> •Run EASY 20 min. •Performance cool down. •Stretch.	27 <b>ALL TEAM: 9:00AM</b> •Weight circuit x 3. •Pool workout. •Stretch.
Feb 28 <b>ON YOUR OWN:</b> •Run LSD 70-80 min HILLS @ Redwood on French Trail. •Stretch.	March 1 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20 min.  <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 15 min. •2-3 x 2400-2800m @ 20k pace (90% VO2) with 1.5 min. rest btwn each. •4-6 x STRIDES on turf. •Performance cool down. •Stretch.	2 <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 30-45 min. •Fitness cool down. •Stretch.  •Weight circuit x 3.	3 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20 min.  <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 15 min. •3-5 x Pyramid HILL REPETITIONS @ 100% max effort on up hill, EASY jog btwn each. •Performance cool down. •Stretch.	4 <b>ALL TEAM: 3:30PM</b> •Fitness warm-up B. •Run LSD 55-70 min. FLAT to Commons, St. Mary's Loop & back on Rheem. •4 x 200m @ 3200m pace with equal distance jog btwn each. •Stretch.  •Weight circuit x 2.	5 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20 min.  <b>ALL TEAM: 3:30PM</b> •Performance Warm up. <b>RACE: Red vs. Blue Intra-squad meet</b> •Run EASY 25 min. •Performance cool down. •Stretch.	6 <b>ALL TEAM: 9:00AM</b> •Weight circuit x 3. •Pool workout. •Stretch.

2010 SPRING SEASON LD SCHEDULE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 7</p> <p><b>ON YOUR OWN:</b></p> <p>•Run LSD 40-60 min @ King's Canyon on King's Trail.</p> <p>•Stretch.</p>	<p>8</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 25-40 min.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p>	<p>9</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•GAME DAY: ULTIMATE.</p> <p>•Stretch.</p>	<p>10</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Fitness warm-up B.</p> <p>•Run LSD 45-60 min. FLAT to Commons &amp; St. Mary's.</p> <p>•4 x STRIDES on turf.</p> <p>•Stretch.</p>	<p>11</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 25-40 min.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>12</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 1:00PM</b></p> <p><b>RACE: Dan Gabor Distance Festival</b></p>	<p>13 SAT TEST DATE</p> <p><b>ALL TEAM: 9:00AM</b></p> <p><b>RACE: Dan Gabor Sprint Festival</b></p> <p>or</p> <p>•Fitness warm-up.</p> <p>•Run EASY 25-35 min.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p>
<p>March 14</p> <p><b>ON YOUR OWN:</b></p> <p>•Run LSD 55-75 min @ San Pablo Reservoir, Orinda.</p> <p>•Stretch.</p>	<p>15</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 15 min.</p> <p>•2-3 x 1600m-2000m @ 10k pace (95% VO2) with 2.5 min. jog btwn each.</p> <p>•3 x 150m @ 1600m pace with 250m jog recovery btwn each.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>16</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 25-40 min.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>17</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20-25 min.</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 35 min.</p> <p>•500m @ 5k pace, 400m @ 3200m pace, 300m @ 1600m pace with 200m jog recovery btwn reps.</p> <p>•Run EASY 10 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>18</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Fitness warm-up B.</p> <p>•Run LSD 50-65 min. FLAT to Staging and back.</p> <p>•3 x 50m UPHILL STRIDES on access road to track.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>19</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 25-35 min.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p>	<p>20</p> <p><b>ALL TEAM: 1:00PM</b></p> <p><b>RACE: Dublin Distance Fiesta</b></p> <p>or</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Weight circuit x 3.</p> <p>•Pool workout.</p> <p>•Stretch.</p>
<p>March 21</p> <p><b>ON YOUR OWN:</b></p> <p>•Run LSD 60-75 min @ Bayview Trail.</p> <p>•Stretch.</p>	<p>22</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20-25 min.</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 15 min.</p> <p>•20 min. TEMPO RUN @ 20k pace (90% VO2).</p> <p>•3 x 150m @ 1600m pace with 200/250m jog recovery btwn each.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>23</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 30-40 min.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight circuit x 3.</p>	<p>24</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p>•2 x 700m @ 3200m pace (100% VO2), walk 100m turn, 300m, jog 200m, 200m, jog 100m, 100m @ 800m pace (120% VO2), 8 min. run btwn sets.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>25</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Fitness warm-up B.</p> <p>•Run LSD 50-65 min. FLAT to Commons, St. Mary's Loop &amp; back on Rheem.</p> <p>•3 x 200m @ 3200m pace with equal distance jog btwn each.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>26</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20-25 min.</p> <p><b>VARSITY: 3:00PM</b></p> <p><b>RACE: Stanford Invite</b></p> <p>or</p> <p>•Fitness warm-up A.</p> <p>•Run EASY 25-35 min.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p>	<p>27</p> <p><b>VARSITY: TBA</b></p> <p><b>RACE: Stanford Invite</b></p> <p>or</p> <p><b>ALL TEAM: 8:00AM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p>•2 x 400-200-200m @ 120% VO2 (800m race pace) with equal distance jog recovery btwn reps, 8 min jog between sets.</p> <p>•Performance cool down.</p> <p>•Weight circuit x 3.</p>
<p>March 28</p> <p><b>ON YOUR OWN:</b></p> <p>•Run LSD 65-80 min @ King's Canyon on King's Trail.</p> <p>•Stretch.</p>	<p>29</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20-25 min.</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 15 min.</p> <p>•2-3 x 1600m-2000m @ 10k pace (95% VO2) with 2.5 min. jog btwn each.</p> <p>•4 x 150m @ 1600m pace with 250m jog recovery btwn each.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>30</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 35-45 min.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight circuit x 3.</p>	<p>31</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20-25 min.</p> <p><b>ALL TEAM: 3:30PM</b></p> <p><b>RACE: DFAL Meet vs. Alhambra, Las Lomas</b></p>	<p>April 1</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Fitness warm-up B.</p> <p>•Run LSD 55-65 min. FLAT to Staging area and back.</p> <p>•4 x 50m UPHILL STRIDES on access road to track.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>2</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20-25 min.</p> <p><b>ALL TEAM: 3:30PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 35 min.</p> <p>•500m @ 5k pace, 400m @ 3200m pace, 300m @ 1600m pace with 200m jog recovery btwn reps.</p> <p>•Run EASY 10 min.</p> <p>•Performance cool down.</p>	<p>3</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Weight circuit x 3.</p> <p>•Pool workout.</p> <p>•Stretch.</p>
<p>April 4</p> <p><b>ON YOUR OWN:</b></p> <p>•Run LSD 70-80 min @ Bayview Trail.</p> <p>•Stretch.</p>	<p>5 NO SCHOOL</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 15 min.</p> <p>•20-25 min. TEMPO RUN @ 20k pace (90% VO2).</p> <p>•4 x 150m @ 1600m pace with 250m jog recovery btwn each.</p> <p>•Performance cool down.</p> <p>•Stretch.</p> <p><b>VARSITY: 5:00PM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20-25 min.</p>	<p>6 NO SCHOOL</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 35-45 min.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight circuit x 3.</p>	<p>7 NO SCHOOL</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p>•3 x 700m @ 3200m pace (100% VO2), walk 100m turn, 300m, jog 200m, 200m, jog 100m, 100m @ 800m pace (120% VO2), 8 min. run btwn sets.</p> <p>•Performance cool down.</p> <p>•Stretch.</p> <p><b>VARSITY: 5:00PM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20-25 min.</p>	<p>8 NO SCHOOL</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Fitness warm-up B.</p> <p>•Run LSD 55-65 min. FLAT to Commons, St. Mary's Loop &amp; back on Rheem.</p> <p>•4 x 200m @ 3200m pace with equal distance jog btwn each.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>9 NO SCHOOL</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 30-40 min.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p><b>VARSITY: 5:00PM</b></p> <p>•Fitness Circuit</p> <p>•Run EASY 20-25 min.</p>	<p>10 ACT TEST DATE</p> <p><b>ALL TEAM: 9:00AM</b></p> <p><b>CAPTURE THE FLAG WORLD CHAMPIONSHIPS &amp; TEAM BBQ @ Hidden Valley Park.</b></p>

2010 SPRING SEASON LD SCHEDULE

Activities Subject to Change. Practice is NEVER Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>April 11 <b>ON YOUR OWN:</b> •Run LSD 40-60 min @ Redwood on Stream Trail. •Stretch.</p>	<p>12 <b>ALL TEAM: 3:30PM</b> •<b>GAME DAY: ULTIMATE.</b> •Stretch.</p>	<p>13 <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 20-40 min. •Fitness cool down. •Stretch.</p>	<p>14 <b>ALL TEAM: 3:30PM</b> <b>RACE: DFAL Meet vs. Alhambra, Dougherty Valley</b></p>	<p>15 <b>ALL TEAM: 3:30PM</b> •Fitness warm-up B. •Run LSD 40-60 min. FLAT to Staging and back. •Stretch.  •Weight circuit x 2.</p>	<p>16 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20 min.  <b>SELECT ATHLETES: TBA</b> <b>RACE: Mt. SAC Relays</b>  or  <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 20-30 min. •2 x STRIDES on turf. •Fitness cool down. •Stretch.</p>	<p>17 <b>SELECT ATHLETES: TBA</b> <b>RACE: Mt. SAC Relays</b>  or  <b>ALL TEAM: 9:00AM</b> •Performance Warm up. •Run EASY 15 min. •3 x 1000m @ 3200m pace (100% VO2) with 100m jog to 300m @ 800m pace (120% VO2). 6 min. jog btwn sets. •Performance cool down. •Stretch.</p>
<p>April 18 <b>ON YOUR OWN:</b> •Run LSD 55-70 min @ San Pablo Reservoir, Orinda. •Stretch.</p>	<p>19 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20 min.  <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 15 min. •800-1000-1200-1000-800m @ 5k pace (97% VO2) with 2/2:30/3/2:30min. recovery. •3 x 150m @ acceleration to 95% max velocity with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>20 <i>STAR TESTING</i> <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 25-40 min. •Fitness cool down. •Stretch.  •Weight circuit x 2.</p>	<p>21 <i>STAR TESTING</i> <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20-25 min.  <b>ALL TEAM: 3:30PM</b> <b>RACE: DFAL Meet vs. Alhambra, Miramonte</b></p>	<p>22 <i>STAR TESTING</i> <b>ALL TEAM: 3:30PM</b> •Fitness warm-up B. •Run LSD 50-65 min. FLAT on Cow Crap to St. Mary's. •3 x 200m @ 3200m pace with equal distance jog btwn each. •Stretch.  •Weight circuit x 2.</p>	<p>23 <i>STAR TESTING</i> <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20 min.  <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 30-40 min. •2 x STRIDES on turf. •Fitness cool down. •Stretch.</p>	<p>24 <b>ALL TEAM: TBA</b> <b>RACE: Phillips-McCain Invite</b>  or  <b>ALL TEAM: 9:00AM</b> •Performance Warm up. •Run EASY 15 min. •3 x 1000m @ 3200m pace (100% VO2) with 100m jog to 300m @ 800m pace (120% VO2). 6 min. jog btwn sets. •Performance cool down. •Stretch.</p>
<p>April 25 <b>ON YOUR OWN:</b> •Run LSD 60-70 min @ King's Canyon on King's Trail. •Stretch.</p>	<p>26 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20-25 min.  <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 15 min. •25 min. TEMPO RUN @ 20k pace (90% VO2). •3 x 150m @ acceleration to 95% max velocity with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>27 <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 30-45 min. •Fitness cool down. •Stretch.  •Weight circuit x 3.</p>	<p>28 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20 min.  <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 30 min. •6 x 400m @ 1600m pace (110% VO2) with equal time recovery btwn reps. &amp; 2 x random "HOT" rep. •Performance cool down. •Stretch.</p>	<p>29 <b>ALL TEAM: 3:30PM</b> •Fitness warm-up B. •Run LSD 50-65 min. FLAT to Staging and back. •3 x 200m @ 3200m pace with equal distance jog btwn each. •Stretch.  •Weight circuit x 2.</p>	<p>30 <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 30-40 min.  <b>ALL TEAM: 3:30PM</b> <b>RACE: Bob Warren Relays</b>  or  •Fitness warm-up A. •Run EASY 30-40 min. •2 x STRIDES on turf. •Fitness cool down. •Stretch.</p>	<p>May 1 <i>SAT TEST DATE</i> <b>VARSITY: TBA</b> <b>RACE: Sacramento Meet of Champions</b>  or  <b>ALL TEAM: 9:00AM</b> •Pool workout. •Weight circuit x 2. •Stretch.</p>
<p>May 2 <b>ON YOUR OWN:</b> •Run LSD 60-75 min @ Bayview Trail. •Stretch.</p>	<p>3 <i>AP TEST DATE</i> <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20-25 min.  <b>ALL TEAM: 3:30PM</b> •Performance Warm up. •Run EASY 15 min. •800-1000-1200-1000-800m @ 5k pace (97% VO2) with 2/2:30/3/2:30min. recovery. •3 x 150m @ acceleration to 95% max velocity with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>4 <i>AP TEST DATE</i> <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 35-45 min. •Fitness cool down. •Stretch.  •Weight circuit x 3.</p>	<p>5 <i>AP TEST DATE</i> <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20-25 min.  <b>ALL TEAM: 3:30PM</b> <b>RACE: DFAL Meet vs. Acalanes, Alhambra, Dublin</b></p>	<p>6 <i>AP TEST DATE</i> <b>ALL TEAM: 3:30PM</b> •Fitness warm-up B. •Run LSD 50-65 min. FLAT on Cow Crap to St. Mary's. •3 x 200m @ 3200m pace with equal distance jog btwn each. •Stretch.  •Weight circuit x 2.</p>	<p>7 <i>AP TEST DATE</i> <b>VARSITY: 6:30AM</b> •Fitness Circuit •Run EASY 20-25 min.  <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 30-40 min. •2 x STRIDES on turf. •Fitness cool down. •Stretch.</p>	<p>8 <b>ALL TEAM: 9:00AM</b> •Performance Warm up. •Run EASY 15 min. •3 x 1000m @ 3200m pace (100% VO2) with 100m jog to 300m @ 800m pace (120% VO2). 6 min. jog btwn sets. •Performance cool down. •Stretch.</p>
<p>May 9 <b>ON YOUR OWN:</b> •Run LSD 40-60 min @ Redwood on Stream Trail. •Stretch.</p>	<p>10 <i>AP TEST DATE</i> <b>ALL TEAM: 3:30PM</b> •Fitness warm-up A. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>11 <i>AP TEST DATE</i> <b>FROSH SOPH: 4:00PM</b> <b>RACE: DFAL FS Finals</b>  or  •Performance Warm up. •Run EASY 10 min. •4 x 1000m @ 5k pace (97% VO2) with 3 min. recovery btwn each. •Performance cool down. •Stretch.</p>	<p>12 <i>AP TEST DATE</i> <b>VARSITY: 4:30PM</b> <b>RACE: DFAL VAR Trials</b>  or  •Performance Warm up. •7-8 x 500m @ 10k pace (95% VO2) with 100m walk back recovery btwn each. •Performance cool down. •Stretch.</p>	<p>13 <i>AP TEST DATE</i> <b>VARSITY: 3:30PM</b> •Fitness warm-up B. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>14 <i>AP TEST DATE</i> <b>VARSITY: 4:30PM</b> <b>RACE: DFAL VAR Finals</b></p>	<p>15 <b>VARSITY: 9:00AM</b> •Pool workout. •Weight circuit x 2. •Stretch.</p>

2010 SPRING SEASON LD SCHEDULE

Activities Subject to Change. Practice is **NEVER** Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 16 <b>ON YOUR OWN:</b> •Run LSD 65 min @ San Pablo Reservoir, Orinda •Stretch.	17 <b>VARSITY: 3:30PM</b> •Fitness warm-up A. •Run EASY 35 min. •Fitness cool down. •Stretch.	18 <b>VARSITY: 3:30PM</b> •Performance Warm up. •Run EASY 10 min. •100-110-120-130-140-150-160-170-180-190-200m @ 1600m to 400m pace (110% VO2-max effort) with jog back btwn each. •Post season cool down. •Stretch.	19 <b>VARSITY: 3:30PM</b> •Fitness warm-up B. •Run EASY 45 min. •Fitness cool down. •Stretch.	20 <b>VARSITY: 3:30PM</b> •Performance Warm up. •Run EASY 10 min. •7-8 x 500m @ 10k pace (95% VO2) with 100m walk back recovery btwn each. •Post season cool down. •Stretch.	21 <b>VARSITY: 3:30PM</b> •Run EASY 25 min. •Stretch.	22 <b>VARSITY: 9:00AM</b> <b>RACE: NCS Finals</b>
May 23 <b>ON YOUR OWN:</b> •Run LSD 65 min @ Bayview Trail •Stretch.	24 <b>VARSITY: 9:00AM</b> •Fitness warm-up A. •Run EASY 35 min. •Fitness cool down. •Stretch.	25 <b>VARSITY: 3:30PM</b> •Performance Warm up. •Run EASY 10 min. •4 x 1000m @ 5k pace (97% VO2) with 3 min. recovery btwn each. •2 x 200m @ 1600m pace with 200m jog recovery btwn each. •Run EASY 10 min. •Post season cool down. •Stretch.	26 <b>VARSITY: 3:30PM</b> •Fitness warm-up B. •Run EASY 25 min. •Fitness cool down. •Stretch.	27 <b>VARSITY: 3:30PM</b> •Performance Warm up. •Run EASY 10 min. •6-7 x 500m @ 10k pace (95% VO2) with 100m walk back recovery btwn each. •Post season cool down. •Stretch.	28 <b>VARSITY: 1:00PM</b> <b>RACE: MOC Trials</b> •Run EASY 20 min. •Stretch.	29 <b>VARSITY: 1:00PM</b> <b>Race: MOC Finals</b>
May 30 <b>ON YOUR OWN:</b> •Pool workout. •Stretch.	31 <b>NO SCHOOL</b> <b>VARSITY: 3:30PM</b> •Fitness warm-up A. •Run EASY 45 min. •Fitness cool down. •Stretch.	June 1 <b>VARSITY: 3:30PM</b> •Performance Warm up. •Run EASY 10 min. •100-110-120-130-140-150-160-170-180-190-200m @ 1600m to 400m pace (110% VO2-max effort) with jog back btwn each. •Post season cool down. •Stretch.  <b>ALL TEAM: 5:30PM</b> Awards Night @ CHS	2 <b>VARSITY: 3:30PM</b> •Fitness warm-up B. •Run EASY 20 min. •Fitness cool down. •Stretch.	3 <b>VARSITY: 3:30PM</b> •Performance Warm up. •Run EASY 10 min. •5-6 x 500m @ 10k pace (95% VO2) with walk back recovery. •Post season cool down. •Stretch.	4 <b>VARSITY: TBA</b> <b>RACE: CIF Trials</b> •Run EASY 20 min. •Stretch.	5 <b>SAT TEST DATE</b> <b>VARSITY: TBA</b> <b>RACE: CIF Finals</b>

**Campolindo High School • COUGAR TRACK & FIELD • 2010 Season Calendar**

MONDAY through SATURDAY track & field team practice attendance is mandatory. Schedule conflicts with daily practice must be discussed with coaches PRIOR to absence!