

COUGAR TRACK & FIELD

2012 SPRING SEASON MD 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

2 x 10 forward hurdle walk-overs

* 800m EASY run

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

* 300m EASY run on turf (one turf lap)

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

* 300m EASY run on turf (one 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).

3 x 15m accelerate, 20m sprint, 15m decelerate

PERFORMANCE COOL-DN

(wks 1-5) PHASE 1

* MEDIUM cool-down run –time indicated on training calendar (10-25min).

10 x Reverse Hyper leg lift
10 x Push Ups
2 x 10m Fwd/Bkwd Lunge w/ Twist
10 x Triceps Dips on bench
10 x Dbl Leg Hop Ups on bench

* 300m EASY run on turf (one turf lap)

10 x Mountain Climber
10 x Push Ups
2 x 10m Lateral Squat Walk
10 x Triceps Dips on bench
10 x Forward Step Up/Knee Drive

* 600m BAREFOOT EASY run on turf (two turf laps)

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

Stretch circuit

FITNESS WARM-UP

(wks 1-5) PHASE 1

* 800m EASY run

A: CIRCUIT

9 x 60m jog / strength circuit:

-inverted splits/scissors
-hip/trunk rotations, on back, shldr flat
-hands & knees scorpions
-hurdle position leg lifts
-low-reach crunch
-hands & knees hydrants
-opposite arm/leg raises, on chest
-scoops
-side leg raises, toe twists

Jog Variation Between Each:

-backward jog x 2
-360 jog x 2
-crossover forward jog x 2
-wide step forward jog x 2

B: CIRCUIT

9 x 60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-hands & knees bird dogs
-pistons, "h" position to full extension
-full squats
-chest lifts
-side clams
-oscillating heel reach
-standing "h"

Jog Variation Between Each:

-forward skip x 2
-backward skip x 2
-360 skip x 2
-lateral saddle swing x 2

FITNESS COOL-DOWN

(wks 1-5) PHASE 1

-adductor resistance half squat circles (push knees in) x 60 sec. each.

-abductor resistance half squat circles (push knees out) x 60 sec. each.

-2 x 10 single leg squats on bench

barefoot drill circuit on grass:

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

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

Stretch circuit

MORNING FITNESS ROUTINE

60-90 seconds per activity. 50m Acceleration between each.

A: CIRCUIT

SWISS BALL:

1. Supine bridge on shldr
2. Supine inner thigh drop push
3. Prone stink bugs
4. Lateral oblique crunch (feet on wall)
5. Supine hamstring curl / hip thrust
6. Supine leg lift twists
7. Prone back extension w/ ball under hips, arms under chin (feet on wall)
8. Supine hands to ankles ball pass
9. Prone hips on ball snq leg lifts
10. Lateral side split leg raises

MEDICINE BALL:

1. Good mornings ball behind head
2. Standing straight-arm circles
3. Standing straight-arm twists
4. Sit up diagonal wood chops
5. Kettle bell swings
6. Inchworm roll out/back
7. Lateral straight-arm rainbow
8. 1-ball 2-hand push-ups
9. Squat front straight-arm hold
10. Single leg clock bounce

B: CIRCUIT

SWISS BALL:

1. Supine bridge on shldr lateral walk
2. Supine inner thigh drop push
3. Prone stink bug to pike
4. Lateral oblique crunch twist (feet on wall)
5. Supine bridge hamstring curl
6. Supine leg lift twists
7. Prone hips on ball back extension arms straight in front (feet on wall)
8. Supine hand to ankle ball pass
9. Prone hips on ball dbl leg lift
10. Lateral side split leg raises

MEDICINE BALL:

1. Around the world, full circles from hip ball overhead straight-arms
2. Diagonal squat hay bales
3. Standing knee lift straight arm twist
4. V up alternate straight leg straight arms ball to toe
5. Kettle bell swings to jump
6. Inchworm bounce out/back
7. Lateral straight arm rainbow
8. 1 ball push up pop up switc
9. Squat press to jump
10. Rainbow side to side slams

WEIGHT CIRCUIT ROUTINE

2-3 circuits: **MAX** weight for 8 reps!

1. -8 x bench press
2. -8 x arm curls
3. -8 x triceps push downs
4. -8 x lat pulls
5. -8 x military press
6. -8 x bent rows
7. -8 x upright rows
8. -8 x suitcase squats

STRETCH CIRCUIT ROUTINE

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

G-S-M ROUTINE

1. 10 x Lateral **abductor** leg raises (inverted/neutral/out)
2. 10 x Lateral **adductor** leg raises
3. 5 x Scorpion
4. 5 x Donkey whip
5. 5 x Fire hydrant
6. 5 x Knee circle forward
7. 5 x Knee circle backward
8. 10 x Prone lower body crawl
9. 10 x Groiners
10. 10 x Hurdle seat exchange

LADDER DRILLS

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

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

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

1 x 10 forward hurdle walk-overs
2 x 10 lateral hurdle over-unders

• 800m EASY run

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

• 300m EASY run on turf (one turf lap)

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

• 300m EASY run on turf (one turf lap)

2 x 15m forward "h" skips
2 x 15m third stride quick stride
2 x 15m forward rotary run

• MEDIUM warm-up run -time indicated on training calendar (10-25min).

3 x lateral in place dbl leg hops, 15m
accelerate, 20m sprint, 15m
decelerate

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

• MEDIUM cool-down run -time indicated on training calendar (10-25min).

10 x Reverse Hyper leg lift
10 x Push Ups SPIDER
2 x 10m Fwd lunge/forearm dip
10 x Triceps Dips on bench
2 x 10m Lateral Squat Hop

• 300m EASY run on turf (one turf lap)

10 x Mountain Climber matrix
10 x Push Ups
10 x Dbl Leg Jump Downs off bench
10 x Triceps Dips on bench
10 x Lateral Step Up/Knee Drive

• 600m BAREFOOT EASY run on turf (two turf laps)

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

Stretch circuit

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

• 800m EASY run

A: CIRCUIT
9 x 60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-chest lifts
-arm stand, side leg hold, toe twists
-suitcases, on tail bone
-hands & knees forward hip rotations
over hurdle
-pistons, "h" position to full extension
-opposite arm/leg raises w/ lateral
movement, on chest
-hands & knees backward hip rotations
over hurdle

Jog Variation Between Each:
-backward jog x 2
-360 jog x 2
-lateral shuffle x 2
-lateral crossovers x 2

B: CIRCUIT
9 x 60m jog / strength circuit:

-inverted leg splits & scissors
-hip/trunk rotations, on back, shldrs flat
-super dog straight leg lift
-v-ups
-wave squats
-push up position, bird dogs
-russian twists
-legs up arm crawl, on chest
-standing "h" strike drill

Jog Variation Between Each:
-forward skip x 2
-backward skip x 2
-360 skip x 2
-lateral saddle swing x 2

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

-2 x 10 speed skater squats
-2 x 10 single leg squats

barefoot drill circuit in sand pit:
-ground grabbers
-heel to toe calf raise walk
-toes up/out, toes up/in, heels up/out,
heels up/in

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

Stretch circuit

MORNING FITNESS ROUTINE

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

A: CIRCUIT

SWISS BALL:

1. Supine bridge on shldrs
2. Supine inner thigh drop push
3. Prone stink bugs
4. Lateral oblique crunch (feet on wall)
5. Supine hamstring curl / hip thrust
6. Supine leg lift twists
7. Prone back extension w/ ball under
hips, arms under chin (feet on wall)
8. Supine hands to ankles ball pass
9. Prone hips on ball snl leg lifts
10. Lateral side split leg raises

MEDICINE BALL:

1. Good mornings ball behind head
2. Standing straight-arm circles
3. Standing straight-arm twists
4. Sit up diagonal wood chops
5. Kettle bell swings
6. Inchworm roll out/back
7. Lateral straight-arm rainbow
8. 1-ball 2-hand push-ups
9. Squat front straight-arm hold
10. Single leg clock bounce

B: CIRCUIT

SWISS BALL:

1. Supine bridge on shldrs lateral walk
2. Supine inner thigh drop push
3. Pone stink bug to pike
4. Lateral oblique crunch twist (feet on
wall)
5. Supine bridge hamstring curl
6. Supine leg lift twists
7. Prone hips on ball back extension
arms straight in front (feet on wall)
8. Supine hand to ankle ball pass
9. Prone hips on ball dbl leg lift
10. Lateral side split leg raises

MEDICINE BALL:

1. Around the world, full circles from hip
ball overhead straight-arms
2. Diagonal squat hay bales
3. Standing knee lift straight arm twist
4. V up alternate straight leg straight
arms ball to toe
5. Kettle bell swings to jump
6. Inchworm bounce out/back
7. Lateral straight arm rainbow
8. 1 ball push up pop up switch
9. Squat press to jump
10. Rainbow side to side slams

WEIGHT CIRCUIT ROUTINE

2-3 circuits: **MAX** weight for 8 reps!

1. -8 x bench press
2. -8 x arm curls
3. -8 x triceps push downs
4. -8 x lat pulls
5. -8 x military press
6. -8 x bent rows
7. -8 x upright rows
8. -8 x suitcase squats

STRETCH CIRCUIT ROUTINE

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

G-S-M ROUTINE

1. 10 x Lateral **abductor** leg raises (in-
verted/neutral/out)
2. 10 x Lateral **adductor** leg raises
3. 5 x Scorpion
4. 5 x Donkey whip
5. 5 x Fire hydrant
6. 5 x Knee circle forward
7. 5 x Knee circle backward
8. 10 x Prone lower body crawl
9. 10 x Groiners
10. 10 x Hurdle seat exchange

LADDER DRILLS

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

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2012 SPRING SEASON MD SCHEDULE

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

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

PERFORMANCE WARM-UP

(wks 11-15) PHASE 3

1 x 10 forward hurdle walk-overs
2 x 10 lateral hurdle over-unders w/
pause and reverse

* 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 quick lift
-30m accelerate

* MEDIUM warm-up run -time indicated
on training calendar (10-25min).

3 x lateral in place dbl leg hops, 180 turn,
15m accelerate, 20m sprint,
15m decelerate

PERFORMANCE COOL-DN

(wks 11-15) PHASE 3

* MEDIUM cool-down run -time indicated
on training calendar (10-25min).

10 x Reverse Hyper leg lift
10 x Inverted Push Ups
2 x 10 split lunge hops
10 x Triceps Dips

* 300m EASY run on turf (one turf lap)

2 x 10 Dbl Leg Bleacher Hop ups
10 x Push Ups
10 x Lateral Single Leg Hops
10 x Triceps Dips w/ leg lift

* 600m BAREFOOT EASY run on turf
(two turf laps)

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

Stretch circuit

FITNESS WARM-UP

(wks 11-15) PHASE 3

* 800m EASY run

A: CIRCUIT

7 x 40-60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-push up position, bird dogs
-arm stand, side leg raises
-arm/leg scissors, on chest
-v-ups
-super dogs straight leg lift

Jog Variation Between Each:

-forward jog x 2
-backward jog x 2
-backward acceleration x 2

B: CIRCUIT

7 x 40-60m jog / strength circuit:

-inverted leg splits & scissors
-hip/trunk rotations, on back, shldrs flat
-scoop press
-legs up arm crawl, on chest
-hands & knees, donkey whips
-straight leg lifts/scissors, on back
-standing "h" SWITCH drill

Jog Variation Between Each:

-forward skip x 2
-backward skip x 2
-360 skip x 2

FITNESS COOL-DOWN

(wks 11-15) PHASE 3

-10 x burpees
-2 x lunge matrix

barefoot drill circuit on grass:

-heel to toe calf raise walk
-straight leg swings

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

Stretch circuit

MORNING FITNESS ROUTINE

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

A: CIRCUIT

SWISS BALL:

1. *Supine* bridge on shldrs
2. *Supine* inner thigh drop push
3. *Prone* stink bugs
4. *Lateral* oblique crunch (feet on wall)
5. *Supine* hamstring curl / hip thrust
6. *Supine* leg lift twists
7. *Prone* back extension w/ ball under
hips, arms under chin (feet on wall)
8. *Supine* hands to ankles ball pass
9. *Prone* hips on ball snq leg lifts
10. *Lateral* side split leg raises

MEDICINE BALL:

1. Good mornings ball behind head
2. Standing straight-arm circles
3. Standing straight-arm twists
4. Sit up diagonal wood chops
5. Kettle bell swings
6. Inchworm roll out/back
7. *Lateral* straight-arm rainbow
8. 1-ball 2-hand push-ups
9. Squat front straight-arm hold
10. Single leg clock bounce

B: CIRCUIT

SWISS BALL:

1. *Supine* bridge on shldrs lateral walk
2. *Supine* inner thigh drop push
3. *Pone* stink bug to pike
4. *Lateral* oblique crunch twist (feet on
wall)
5. *Supine* bridge hamstring curl
6. *Supine* leg lift twists
7. *Prone* hips on ball back extension
arms straight in front (feet on wall)
8. *Supine* hand to ankle ball pass
9. *Prone* hips on ball dbl leg lift
10. *Lateral* side split leg raises

MEDICINE BALL:

1. Around the world, full circles from hip
ball overhead straight-arms
2. Diagonal squat hay bales
3. Standing knee lift straight arm twist
4. V up alternate straight leg straight
arms ball to toe
5. Kettle bell swings to jump
6. Inchworm bounce out/back
7. *Lateral* straight arm rainbow
8. 1 ball push up pop up switch
9. Squat press to jump
10. Rainbow side to side slams

WEIGHT CIRCUIT ROUTINE

2-3 circuits: **MAX** weight for 8 reps!

1. -8 x bench press
2. -8 x arm curls
3. -8 x triceps push downs
4. -8 x lat pulls
5. -8 x military press
6. -8 x bent rows
7. -8 x upright rows
8. -8 x suitcase squats

STRETCH CIRCUIT ROUTINE

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

G-S-M ROUTINE

1. 10 x Lateral **abductor** leg raises (in-
verted/neutral/out)
2. 10 x Lateral **adductor** leg raises
3. 5 x Scorpion
4. 5 x Donkey whip
5. 5 x Fire hydrant
6. 5 x Knee circle forward
7. 5 x Knee circle backward
8. 10 x Prone lower body crawl
9. 10 x Groiners
10. 10 x Hurdle seat exchange

LADDER DRILLS

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

<p>January 29 <i>WINTER TRAINING</i> ON YOUR OWN: •Run LSD 65-85 min. •Stretch.</p>	<p>30 <i>WINTER TRAINING</i> ON YOUR OWN: 3:20PM •GAME DAY •Stretch.</p>	<p>31 <i>WINTER TRAINING</i> ON YOUR OWN: 3:20PM •Fitness warm-up A. •Run EASY 30-45 min. •Fitness cool down. •Stretch.</p>	<p>February 1 <i>WINTER TRAINING</i> ON YOUR OWN: 3:20PM •Performance Warm up. •Run EASY 20 min. •3-4 x LCP HILL CIRCUITS @ 100% max effort on up hill. EASY jog btwn each. •Run EASY 20 min. •Performance cool down. •Stretch.</p>	<p>2 <i>WINTER TRAINING</i> ON YOUR OWN: 3:20PM •Fitness warm-up B. •Run LSD 45-60 min HILLS on Rim Trail. •Stretch. •Weight circuit x 3.</p>	<p>3 <i>WINTER TRAINING</i> ON YOUR OWN: 3:20PM •Fitness warm-up A. •Run EASY 40 min. •3 x STRIDES barefoot on turf. •Fitness cool down. •Stretch.</p>	<p>4 <i>WINTER TRAINING</i> ON YOUR OWN: •Run EASY 40 min. •Weight circuit x 3.</p>
<p>Feb 5 •Run LSD 55-75 min. •Stretch.</p>	<p>6 VARSIITY: 6:30AM •Morning Circuit A •Run EASY 15 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •2-3 x 1600 or 2000m @ 20k pace with 1.5 min. rest btwn each. •Run EASY 15 min. •4 x 50m UPHILL STRIDES on access road to track. •Performance cool down. •Stretch.</p>	<p>7 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 20-30 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 2.</p>	<p>8 VARSIITY: 6:30AM •Morning Circuit A •Run EASY 15 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •1 x 4-3-2, 3-2-1 min. FARTLEK @ 10k-5k-3200m pace on field w/ 6 min. run btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>9 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 45-60 min HILLS on Rim Trail. •Ladder Drills. •GSM Routine. •Stretch. •Weight circuit x 2.</p>	<p>10 VARSIITY: 6:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up A. •Run EASY 25-35 min. •3 x STRIDES barefoot on turf. •Fitness cool down. •Stretch.</p>	<p>11 <i>ACT TEST DATE</i> ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout •Stretch.</p>
<p>Feb 12 ON YOUR OWN: •Run LSD 60-80 min. •GSM Routine. •Stretch.</p>	<p>13 VARSIITY: 6:30AM •Morning Circuit A •Run EASY 15 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •2 x 1800m @ 20k pace, 1000m @ 10k pace with 2 min. 200m jog recovery btwn each. •Run EASY 15 min. •3 x 150m @ 1600m pace with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>14 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 20-35 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 2.</p>	<p>15 VARSIITY: 6:30AM •Morning Circuit B •Run EASY 15 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •3-4 x LCP HILL CIRCUITS @ 100% max effort on up hill. EASY jog btwn each. •Run EASY 20 min. •Performance cool down. •Stretch.</p>	<p>16 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 50-65 min. FLAT through St. Mary's to Bolinger. •Ladder Drills. •GSM Routine. •Stretch. •Weight circuit x 2. ALL PARENTS: 5:30PM Parent Meeting @ CHS</p>	<p>17 <i>NO SCHOOL</i> ALL TEAM: 9:00AM •Fitness warm-up B. •Run EASY 30-40 min. •3 x STRIDES barefoot on turf. •Fitness cool down. •Stretch. VARSIITY: 5:00PM •Morning Circuit A •Run EASY 20 min.</p>	<p>18 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout •Stretch.</p>
<p>Feb 19 ON YOUR OWN: •Run LSD 65-85 min. •GSM Routine. •Stretch.</p>	<p>20 <i>NO SCHOOL</i> VARSIITY: 7:30AM •Morning Circuit B •Run EASY 15 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. •3 x 1600 or 2000m @ 20k pace with 1.5 min. rest btwn each. •Run EASY 15 min. •6 x 50m UPHILL STRIDES on access road to track. •Performance cool down. •Stretch.</p>	<p>21 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 25-40 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>22 VARSIITY: 6:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. •1 x 4-3-2, 3-2-1 min. FARTLEK @ 10k-5k-3200m pace on field w/ 6 min. run btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>23 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 55-70 min. HILLS on Rim Trail. •Ladder Drills. •GSM Routine. •Stretch. •Weight circuit x 2.</p>	<p>24 VARSIITY: 6:30AM •Morning Circuit B •Run EASY 15 min. ALL TEAM: 3:30PM •Performance Warm up. RACE: Team Event Testing @ Campolindo HS •Run EASY 25 min. •Performance cool down. •Stretch.</p>	<p>25 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout •Stretch.</p>
<p>Feb 26 ON YOUR OWN: •Run LSD 65-85 min. •GSM Routine. •Stretch.</p>	<p>27 VARSIITY: 6:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. •2 x 1800m @ 20k pace, 1000m @ 10k pace with 2 min. 200m jog recovery btwn each. •Run EASY 15 min. •4 x 150m @ 1600m pace with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>28 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-45 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>29 VARSIITY: 6:30AM •Morning Circuit A •Run EASY 15 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •3-4 x LCP HILL CIRCUITS @ 100% max effort on up hill. EASY jog btwn each. •Run EASY 20 min. •Performance cool down. •Stretch.</p>	<p>March 1 <i>BAND CONCERT</i> ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 55-70 min. FLAT through Staging Area. •Ladder Drills. •GSM Routine. •Stretch. •Weight circuit x 2.</p>	<p>2 VARSIITY: 6:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. RACE: Red vs. Blue Intra-squad meet @ Campolindo HS •Run EASY 30 min. •Performance cool down. •Stretch.</p>	<p>3 ALL TEAM: 9:00AM-3:00PM Bay Area Track & Field Club CLINIC w/ Olympians & National Champions •Weight circuit x 3. •Pool workout •Stretch.</p>

<p>March 4 ON YOUR OWN: •Run LSD 40-65 min. •GSM Routine. •Stretch.</p>	<p>5 ALL TEAM: 3:30PM •GAME DAY •Stretch.</p>	<p>6 ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 35 min. •500m @ 5k pace, 400m @ 3200m pace, 300m @ 1600m pace with 200m jog recovery btwn reps. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>7 ALL TEAM: 3:10PM MEET EARLY! CARPOOL TO ORINDA TRAIL. •Run LSD 45-60 min FLAT on Orinda Trail. •GSM Routine. •Stretch.</p>	<p>8 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •3 x STRIDES barefoot on turf. •Fitness cool down. •Stretch. •Weight circuit x 2.</p>	<p>9 VARSIITY: 6:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 1:00PM •Performance Warm up. •Run EASY 20 min. RACE: Dan Gabor Distance Fest @ Amador Valley HS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>10 SAT TEST DATE ALL TEAM: 9:00AM •Performance Warm up. •Run EASY 20 min. RACE: Dan Gabor Sprint Fest @ Amador Valley HS •Run EASY 15 min. •Performance cool down. •Stretch. –or– •Weight circuit x 3. •Pool workout •Stretch.</p>
<p>March 11 ON YOUR OWN: •Run LSD 55-75 min. •GSM Routine. •Stretch.</p>	<p>12 NO SCHOOL VARSIITY: 7:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •25 min. TEMPO @ 20k pace •Run EASY 20 min. •4 x 50m UPHILL STRIDES on access road to track. •Performance cool down. •Stretch.</p>	<p>13 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>14 VARSIITY: 6:30AM •Morning Circuit B •Run EASY 25 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. •2 x 700m @ 3200m pace, walk 100m turn, 300m, jog 200m, 200m, jog 100m, 100m @ 800m pace. 2 min. run btwn sets •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>15 CHS MUSICAL ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 50-65 min. HILLS on Rim Trail. •Ladder Drills. •GSM Routine. •Stretch. •Weight circuit x 2.</p>	<p>16 CHS MUSICAL VARSIITY: 6:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 25-35 min. •4 x STRIDES barefoot on turf. •Fitness cool down. •Stretch.</p>	<p>17 CHS MUSICAL ALL TEAM: 1:00PM •Performance Warm up. •Run EASY 20 min. RACE: Dublin Distance Fiesta @ Dublin HS •Run EASY 15 min. •Performance cool down. •Stretch.</p>
<p>March 18 ON YOUR OWN: •Run LSD 60-80 min. •GSM Routine. •Stretch.</p>	<p>19 VARSIITY: 6:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •2 x 1800m @ 20k pace, 1000m @ 5k pace with 2 min. 200m jog recovery btwn each •3 x 150m @ acceleration to 95% max velocity with 250m jog recovery btwn each •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>20 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>21 VARSIITY: 6:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. RACE: DFAL Meet vs. Dougherty Valley, Dublin @ CHS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>22 CHS MUSICAL ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 50-65 min. FLAT through St. Mary's to Bolinger. •Ladder Drills. •GSM Routine. •Stretch. •Weight circuit x 2.</p>	<p>23 CHS MUSICAL VARSIITY: 6:30AM •Morning Circuit A •Run EASY 25 min. ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 25-35 min. •2 x 200m @ 3200m pace with equal distance jog btwn each •Fitness cool down. •Stretch.</p>	<p>24 CHS MUSICAL ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout •Stretch. –or– SELECT ATHLETES: TBA •Performance Warm up. •Run EASY 20 min. RACE: Azusa Pacific Meet of Champions @ APU •Performance cool down. •Stretch.</p>
<p>March 25 ON YOUR OWN: •Run LSD 65-85 min. •GSM Routine. •Stretch.</p>	<p>26 VARSIITY: 6:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •25 min. TEMPO @ 20k pace •Run EASY 20 min. •6 x 50m UPHILL STRIDES on access road to track. •Performance cool down. •Stretch.</p>	<p>27 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 35-45 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>28 VARSIITY: 6:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. RACE: DFAL Meet vs. Alhambra, Dublin, Las Lomas @ DHS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>29 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 55-70 min. HILLS on Rim Trail. •Ladder Drills. •GSM Routine. •Stretch. •Weight circuit x 2.</p>	<p>30 VARSIITY: 6:30AM •Morning Circuit B •Run EASY 25 min. ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •4 x STRIDES barefoot on turf •Fitness cool down. •Stretch.</p>	<p>31 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout •Stretch.</p>
<p>April 1 ON YOUR OWN: •Run LSD 65-85 min. •GSM Routine. •Stretch.</p>	<p>2 NO SCHOOL ALL TEAM: 9:00AM •Performance Warm up. •Run EASY 20 min. •2 x 1800m @ 20k pace, 1000m @ 5k pace with 2 min. 200m jog recovery btwn each •Run EASY 15 min. •4 x 150m @ acceleration to 95% max velocity with 250m jog recovery btwn each •Performance cool down. •Stretch. VARSIITY: 5:00PM •Morning Circuit B •Run EASY 20 min.</p>	<p>3 NO SCHOOL ALL TEAM: 9:00AM •Fitness warm-up A. •Run EASY 35-45 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>4 NO SCHOOL ALL TEAM: 9:00AM •Performance Warm up. •Run EASY 25 min. •3 x 700m @ 3200m pace, walk 100m turn, 300m, jog 200m, 200m, jog 100m, 100m @ 800m pace. 2 min. run btwn sets •Run EASY 15 min. •Performance cool down. •Stretch. VARSIITY: 5:00PM •Morning Circuit A •Run EASY 25 min.</p>	<p>5 NO SCHOOL ALL TEAM: 9:00AM •Fitness warm-up B. •Run LSD 55-70 min. FLAT through Staging Area •Ladder Drills. •GSM Routine. •Stretch. •Weight circuit x 2.</p>	<p>6 NO SCHOOL ALL TEAM: 9:00AM •Fitness warm-up A. •Run EASY 30-40 min. •2 x 200m @ 3200m pace with equal distance jog btwn each •Fitness cool down. •Stretch. –or– SELECT ATHLETES: TBA •Performance Warm up. •Run EASY 20 min. RACE: Arcadia Invitational @ Arcadia HS •Run EASY 15 min. •Performance cool down. •Stretch. VARSIITY: 5:00PM •Morning Circuit B •Run EASY 20 min.</p>	<p>7 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout •Stretch. –or– SELECT ATHLETES: TBA •Performance Warm up. •Run EASY 20 min. RACE: Arcadia Invitational @ Arcadia HS •Run EASY 15 min. •Performance cool down. •Stretch.</p>

<p>April 8 ON YOUR OWN: •Run LSD 40-65 min. •GSM Routine. •Stretch.</p>	<p>9 ALL TEAM: 3:30PM •GAME DAY •Stretch.</p>	<p>10 ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 35 min. •500m @ 5k pace, 400m @ 3200m pace, 300m @ 1600m pace with 200m jog recovery btwn reps. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>11 ALL TEAM: 3:10PM MEET EARLY! CARPOOL TO ORINDA TRAIL. •Run LSD 45-60 min FLAT on Orinda Trail. •GSM Routine. •Stretch.</p>	<p>12 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •3 x STRIDES barefoot on turf. •Fitness cool down. •Weight circuit x 2.</p>	<p>13 Varsity: 6:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •2 x 400-200-200m @ 800m pace with equal distance jog recovery btwn reps. 8 min jog between sets. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>14 ACT TEST DATE ALL TEAM: 9:00AM •Pool workout •Weight circuit x 3. •Stretch.</p>
<p>April 15 ON YOUR OWN: •Run LSD 55-70 min. •GSM Routine. •Stretch.</p>	<p>16 Varsity: 6:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •800-1000-1200-1000m @ 5k pace with 2/2:30/3min. recovery. •Run EASY 5 min. •4 x 200m @ 800m pace with 200m 90 second jog recovery btwn each. •Run EASY 10 min. •Performance cool down. •Stretch.</p>	<p>17 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 2.</p>	<p>18 Varsity: 6:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •RACE: DFAL Meet vs. Acalanes, Dublin @ AHS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>19 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 40-50 min. through St. Mary's to Bolinger. •3 x 700m @ 20k pace with 60 sec walk across end zone recovery btwn each. •Ladder Drills. •GSM Routine. •Stretch. •Weight circuit x 2.</p>	<p>20 Varsity: 6:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up A. •Run EASY 30-40 min. •4 x STRIDES barefoot on turf. •Fitness cool down. •Stretch. –or– SELECT ATHLETES: TBA •Performance Warm up. •Run EASY 20 min. •RACE: Mt. SAC Relays @ Mt. San Antonio College •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>21 JUNIOR PROM ALL TEAM: 9:00AM •Performance Warm up. •Run EASY 20 min. •2 x 100-200-300m THRESHOLD INTERVALS @ 800m pace with 20 sec. btwn reps. 8 min. jog btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch. –or– SELECT ATHLETES: TBA •Performance Warm up. •Run EASY 20 min. •RACE: Mt. SAC Relays @ Mt. San Antonio College •Run EASY 15 min. •Performance cool down. •Stretch.</p>
<p>April 22 ON YOUR OWN: •Run LSD 60-80 min. •GSM Routine. •Stretch.</p>	<p>23 Varsity: 6:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •20 min. TEMPO @ 20k pace. •Run EASY 20 min. •3 x 150m @ acceleration to 95% max velocity with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>24 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 35-45 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>25 Varsity: 6:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. •2 x 400-200-200m @ 800m pace with equal distance jog recovery btwn reps. 8 min jog between sets. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>26 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 50-65 min. FLAT through Staging Area. •Ladder Drills. •GSM Routine. •Stretch. •Weight circuit x 2.</p>	<p>27 Varsity: 6:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 2:30PM •Performance Warm up. •Run EASY 20 min. •RACE: Bob Warren Relays @ Acalanes HS •Run EASY 15 min. •Performance cool down. •Stretch. –or– SELECT ATHLETES: TBA •Fitness warm-up A. •Run EASY 30-40 min. •2 x 200m @ 3200m pace with equal distance jog btwn each. •Fitness cool down. •Stretch.</p>	<p>28 ALL TEAM: 9:00AM •Pool workout •Weight circuit x 3. •Stretch. –or– SELECT ATHLETES: TBA •Performance Warm up. •Run EASY 20 min. •RACE: Sacramento MOC @ Hughes Stadium •Run EASY 15 min. •Performance cool down. •Stretch.</p>
<p>April 29 ON YOUR OWN: •Run LSD 40-80 min. •GSM Routine. •Stretch.</p>	<p>30 Varsity: 6:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •800-1000-1200-1000m @ 5k pace with 2/2:30/3min. recovery. •Run EASY 5 min. •4 x 200m @ 800m pace with 200m 90 second jog recovery btwn each. •Run EASY 10 min. •Performance cool down. •Stretch.</p>	<p>May 1 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 35-45 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>2 Varsity: 6:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •RACE: DFAL Meet vs. Dublin, Miramonte @ CHS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>3 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 40-50 min. through St. Mary's to Bolinger. •3 x 700m @ 20k pace with 60 sec walk across end zone recovery btwn each. •Ladder Drills. •GSM Routine. •Stretch. •Weight circuit x 2.</p>	<p>4 DRAMA PRODUCTION Varsity: 6:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •4 x STRIDES barefoot on turf. •Fitness cool down. •Stretch.</p>	<p>5 SAT TEST DATE ALL TEAM: 9:00AM •Performance Warm up. •Run EASY 20 min. •2 x 100-200-300m THRESHOLD INTERVALS @ 800m pace with 20 sec. btwn reps. 8 min. jog btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch. •Weight circuit x 3.</p>
<p>May 6 ON YOUR OWN: •Run LSD 40-80 min. •GSM Routine. •Stretch.</p>	<p>7 AP TEST DATE Varsity: 6:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •20 min. TEMPO @ 20k pace. •Run EASY 20 min. •3 x 150m @ acceleration to 95% max velocity with 250m jog recovery btwn each. •Performance cool down. •Stretch. –or– •Fitness warm-up A. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>8 AP TEST DATE FROSH SOPH: 4:00PM •Performance Warm up. •Run EASY 20 min. •RACE: DFAL FS Finals @ Campolindo HS •Run EASY 15 min. •Performance cool down. •Stretch. –or– ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>9 AP TEST DATE Varsity: 6:30AM •Morning Circuit A •Run EASY 20 min. Varsity: 4:30PM •Performance Warm up. •Run EASY 20 min. •RACE: DFAL VAR Trials @ Campolindo HS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>10 AP TEST DATE Varsity: 3:30PM •Fitness warm-up B. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>11 AP TEST DATE Varsity: 6:30AM •Morning Circuit B •Run EASY 20 min. Varsity: 4:30PM •Performance Warm up. •Run EASY 20 min. •RACE: DFAL VAR Finals @ Campolindo HS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>12 Varsity: 9:00AM •Pool workout •Weight circuit x 2. •Stretch.</p>

<p>May 13 ON YOUR OWN: *Run LSD 70 min. *Stretch.</p>	<p>14 UNDERCLASS AWARDS VARSIITY: 3:30PM *Fitness warm-up A. *Run EASY 40 min. *Ladder Drills. *GSM Routine. *Fitness cool down. *Stretch.</p>	<p>15 VARSIITY: 3:30PM *Performance Warm up. *Run EASY 20 min. *100-110-120-130-140-150-160-170-180-190-200m start first rep @ 1600m pace and increase pace each rep so that final rep is @ 400m pace, with equal distance jog back btwn each. *Run EASY 15 min. *Post season cool down. *Stretch.</p>	<p>16 VARSIITY: 3:30PM *Fitness warm-up B. *Run EASY 45 min. *Fitness cool down. *Stretch. *Weight circuit x 2.</p>	<p>17 CHS OPEN HOUSE VARSIITY: 3:30PM *Performance Warm up. *Run EASY 20 min. *7-8 x 500m @ 10k pace with 100m walk back recovery btwn each. *Run EASY 10 min. *Post season cool down. *Stretch.</p>	<p>18 INSTRUMENTAL CONCERT VARSIITY: 3:30PM *Run EASY 30 min. *Stretch.</p>	<p>19 SENIOR BALL VARSIITY: 9:00AM *Performance Warm up. *Run EASY 20 min. RACE: NCS Finals @ Granada HS *Run EASY 15 min. *Performance cool down. *Stretch.</p>
<p>May 20 ON YOUR OWN: *Run LSD 70 min. *Stretch.</p>	<p>21 VARSIITY: 9:00AM *Fitness warm-up A. *Run EASY 40 min. *Ladder Drills. *GSM Routine. *Fitness cool down. *Stretch. *Weight circuit x 2.</p>	<p>22 SENIOR AWARDS VARSIITY: 3:30PM *Performance Warm up. *Run EASY 20 min. *1000m @ 1600m pace. *Run EASY 10 min. *2 x 300m @ 800m pace with equal distance jog recovery btwn each. *Run EASY 10 min. *Post season cool down. *Stretch.</p>	<p>23 VARSIITY: 3:30PM *Performance Warm up. *Run EASY 20 min. *6-7 x 500m @ 10k pace with 100m walk back recovery btwn each. *Run EASY 10 min. *Post season cool down. *Stretch.</p>	<p>24 VARSIITY: 3:30PM *Fitness warm-up B. *Run EASY 30 min. *Fitness cool down. *Stretch.</p>	<p>25 VARSIITY: 12:00PM *Performance Warm up. *Run EASY 20 min. RACE: MOC Trials @ UC Berkeley Edwards Stdm *Run EASY 15 min. *Performance cool down. *Stretch.</p>	<p>26 VARSIITY: 12:00PM *Performance Warm up. *Run EASY 20 min. RACE: MOC Finals @ UC Berkeley Edwards Stdm *Run EASY 15 min. *Performance cool down. *Stretch.</p>
<p>May 27 ON YOUR OWN: *Pool workout. *Stretch.</p>	<p>28 NO SCHOOL VARSIITY: 3:30PM *Fitness warm-up A. *Run EASY 40 min. *Ladder Drills. *GSM Routine. *Fitness cool down. *Stretch.</p>	<p>29 VARSIITY: 3:30PM *Performance Warm up. *Run EASY 20 min. *100-110-120-130-140-150-160-170-180-190-200m start first rep @ 1600m pace and increase pace each rep so that final rep is @ 400m pace, with equal distance jog back btwn each. *Run EASY 15 min. *Post season cool down. *Stretch. ALL TEAM: 5:30PM Awards Night @ CHS</p>	<p>30 VARSIITY: 3:30PM *Performance Warm up. *Run EASY 20 min. *5-6 x 500m @ 10k pace with 100m walk back recovery btwn each. *Run EASY 10 min. *Post season cool down. *Stretch.</p>	<p>31 VARSIITY: 3:30PM *Fitness warm-up B. *Run EASY 30 min. *Fitness cool down. *Stretch.</p>	<p>June 1 VARSIITY: 3:00PM *Performance Warm up. *Run EASY 20 min. RACE: CIF Trials @ Buchanan HS *Run EASY 15 min. *Performance cool down. *Stretch.</p>	<p>2 SAT TEST DATE VARSIITY: 4:00PM *Performance Warm up. *Run EASY 20 min. RACE: CIF Finals @ Buchanan HS *Run EASY 15 min. *Performance cool down. *Stretch.</p>

Campolindo High School • COUGAR TRACK & FIELD • 2012 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!