

# COUGAR TRACK & FIELD

## 2014 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

1 x 10 frwrd hurdles on fence  
1 x 10 bkwrdr hurdles on fence  
2 x 10 over/under hurdles

• 600m BAREFOOT run (2 turf laps)

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

• 600m BAREFOOT run (2 turf laps)

10 x side to side leg swings on fence  
10 x front to back leg swings on fence

• 600m BAREFOOT run (2 turf laps)

2 x 10m frwrd "h" skips  
2 x 10m frwrd heel lift  
2 x 10m frwrd 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 (10-25min).

10-15 x Reverse Hyper dbl leg lifts  
2 x 10m frwrd/bkwrdr Lunge w/ twist  
10 x Lateral reach Push-ups  
10 x dbl leg Jump-ups on bench

• 600m run (2 turf laps)

2 x 10m lateral Squat walk  
10-15 x Triceps Dips on bench  
10 x frwrd Step-up/Knee Drive  
10-15 x Bodyweight Rows

• 600m BAREFOOT run (2 turf laps)

4 minute 2 x Abs, 2 x Back circuit (60 seconds per activity)

Stretch circuit

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

2 x 10 lateral hurdle walking knee lift  
2 x 10 lateral hurdle walking straight leg  
2 x 10m frwrd lunge walk

• 600m BAREFOOT run (2 turf laps)

A: BAREFOOT CIRCUIT

9 x 60m jog / strength circuit:

-hip/trunk rotations, on back, shldrs flat, knees at 90 degrees  
-side leg raises, toe twists  
-low reach crunch  
-hands & knees scorpions  
-hurdle position leg lifts  
-opposite arm/leg raises, on chest  
-hands & knees hydrants  
-scoops  
-chest lifts, palms down at hips

Jog Variation Between Each:

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

B: BAREFOOT CIRCUIT

9 x 60m jog / strength circuit:

-eagles, on chest, heel to hand  
-eagles, on back, toe to hand  
-side clams  
-pistons  
-hands & knees bird dogs  
-squats  
-oscillating heel reach  
-legs up arm crawl, on chest  
-standing "h"

Jog Variation Between Each:

-bkwrdr skip x 2  
-360 skip x 2  
-lateral shuffle x 2  
-lateral skip x 2

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

-10 x bowler squats  
-front/back banana rockers  
-20 x Mountain Climber

BAREFOOT drill circuit on grass:

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

-4 min plank matrix

Stretch circuit

#### MORNING FITNESS ROUTINE (wks 1-5) PHASE 1

60-90 sec per set. 30m run btwn each.

A: BAREFOOT CIRCUIT

SWISS BALL:

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

MEDICINE BALL:

1. Good mornings ball btwn shldrs  
2. Standing straight-arm circles  
3. Sit up diagonal wood chops  
4. Kettle bell swings  
5. Standing straight-arm rainbow  
6. Inchworm roll out/back  
7. Standing straight-arm twists  
8. Pillar sngl leg, forward dip  
9. Standing front slams

B: BAREFOOT CIRCUIT

SWISS BALL:

1. Straight arm rollout from knees  
2. Supine inner thigh drop push  
3. Prone hands on floor, feet on ball, lateral walk, lateral leg  
4. Lateral oblique crunch twist (feet on wall)  
5. Supine heels on ball dbl leg hip thrust  
6. Rotisserie Chicken supine sngl heel on ball, hips up, rotate  
7. Prone hips on ball back extension arms straight in front (feet on wall)  
8. Supine hand to ankle ball pass  
9. Lateral elbow stand (feet on bench, forearm on floor) knee drives

MEDICINE BALL:

1. Around the world, full circles from hip straight arms ball overhead  
2. Diagonal squat hay bales  
3. Standing knee lift straight arm twist  
4. Sit up ball on chest  
5. Inchworm bounce out/back  
6. Lateral straight-arm overhead hand to hand toss  
7. Squat straight arm front hold  
8. Pillar sngl leg clock bounce  
9. Chest lifts arms lateral over ball

#### 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"

#### STRENGTH CIRCUIT ROUTINE (wks 1-5) PHASE 1

2-3 circuits: MAX weight for 8 reps!

A: STRENGTH CIRCUIT

1. -8 x arm curls (dumbbells)  
2. -16 x side pulls (dumbbell)  
3. -8 x front lat pulls (machine)  
4. -8 x bent row (dumbbell)  
5. -8 x full squats (barbell)  
6. -8 x military press (dumbbells)  
7. -8 x triceps push downs (machine)  
8. -8 x windmills (dumbbell)  
9. -8 x upright rows (barbell)  
10. -60 second running arms (dumbbells)

B: STRENGTH CIRCUIT

1. -10+ x back extensions  
2. -8 x push up rows (dumbbells)  
3. -8 x back lat pulls (machine)  
4. -8 x lunge w/ weight (dumbbells)  
5. -8 x incline press (dumbbells)  
6. -8 x arm front/side raises (dumbbells)  
7. -8 x dead lifts (barbell)  
8. -8 x bar dips  
9. -16 x sngl leg squat taps (box)  
10. -8 x bent back fly sgl arm on bench (dumbbell)

#### 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 Sway-back/Cat-back  
2. 10 x Hand/knees, torso twist elbow up  
3. 10 x Lateral adductor leg raises (inverted/neutral/out)  
4. 10 x Lateral adductor leg raises (inverted/neutral/out)  
5. 5 x Scorpion  
6. 5 x Donkey whip  
7. 5 x Fire hydrant  
8. 10 x Groiners  
9. 10 x Standing straight leg lift matrix  
10. 10 x Sngl leg squat  
11. 10 x Dbl leg bridge thrust

# COUGAR TRACK & FIELD

## 2014 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 6-10) PHASE 2

1 x 10 frwrd hurdle walkovers  
1 x 10 frwrd hurdle straight leg swing  
2 x 10 over/under hurdles

#### \* 600m BAREFOOT run (2 turf laps)

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

#### \* 600m BAREFOOT run (2 turf laps)

10 x side to side leg swings on fence  
10 x front to back leg swings on fence

#### \* 600m BAREFOOT run (2 turf laps)

2 x 20m frwrd gallop  
w/ 40m acceleration  
2 x 20m frwrd rotary run  
w/ 40m acceleration  
2 x 20m frwrd 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 (10-25min).

10-15 x sgl leg pillar dips  
2 x 10m frwrd lunge/forearm dip  
10 x INVERTED Push-ups  
2 x 10 dbl leg Jump-downs off bench

#### \* 600m run (2 turf laps)

10-15 Reverse Hyper sgl leg lifts  
15-20 x Triceps Dips on bench  
2 x Stadium step dbl leg hops  
15-20 x Bodyweight Rows

#### \* 600m BAREFOOT run (2 turf laps)

4 minute 2 x Abs, 2 x Back circuit (60 seconds per activity)

Stretch circuit

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

2 x 10 lateral hurdle walkover  
2 x 10 bkwrld hurdle walkover  
2 x Lunge Matrix

#### \* 600m BAREFOOT run (2 turf laps)

#### A: BAREFOOT CIRCUIT

9 x 60m jog / strength circuit:

-eagles, on chest, heel to hand  
-eagles, on back, toe to hand  
-leg lift flutter kick  
-opposite arm/leg raises w/ lateral movement, on chest  
-hands & knees frwrd hip rotations over hurdle  
-suitcases, on tail bone  
-hands & knees bkwrld hip rotations over hurdle  
-chest lifts, arms out in cross  
-elbow stand, side leg raises, toe twists

Jog Variation Between Each:

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

#### B: BAREFOOT CIRCUIT

9 x 60m jog / strength circuit:

-inverted leg splits & scissors  
-hip/trunk rotations, straight legs  
-side clams  
-v-ups  
-wave squats  
-hands & knees bird dogs w/ lateral arm/leg movement  
-russian twists  
-legs up arm crawl, on chest  
-standing "h" strike drill

Jog Variation Between Each:

-bkwrld skip x 2  
-360 skip x 2  
-lateral shuffle x 2  
-lateral saddle swing x 2

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

-2 x 10 speed skater squats  
-10 x partner Pèle matrix  
-10 x Mountain Climber matrix

#### BAREFOOT drill circuit on grass:

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

-4 min plank matrix w/ leg lifts

Stretch circuit

#### MORNING FITNESS ROUTINE (wks 6-10) PHASE 2

60-90 sec per set. 30m run btwn each.

#### A: BAREFOOT CIRCUIT

##### SWISS BALL:

1. *Supine* inner thigh drop push  
2. *Pone* stink bug to pike  
3. *Lateral oblique* crunch (feet on wall)  
4. *Supine* sngl leg hamstring curls  
5. *Supine* leg lift twists  
6. *Prone* back extension w/ ball under hips, arms under chin (feet on wall)  
7. *Supine* hands to ankles ball pass  
8. All Four on ball –Balance!  
9. Rotisserie Chicken *supine* sngl heel on ball, hips up, rotate

##### MEDICINE BALL:

1. Good mornings ball overhead  
2. Standing straight-arm circles  
3. Sit up diagonal wood chops  
4. Kettle bell swings to jump  
5. *Lateral* standing straight-arm hand to hand toss  
6. Inchworm roll out/back  
7. Standing straight-arm twists  
8. Pillar sngl leg forward dip "h" position  
dbl arm overhead press  
9. Standing side to slide slams

#### B: BAREFOOT CIRCUIT

##### SWISS BALL:

1. T-Ball knees/shins on ball, torso twist  
2. *Supine* inner thigh drop push  
3. *Prone* stink bugs alternate sngl leg lateral scissor  
4. *Lateral oblique* crunch twist (feet on wall)  
5. *Supine* heel on ball sngl leg hip thrust  
6. *Supine* trunk rotation ball btwn ankles  
7. *Prone* hips on ball back extension arms straight in front (feet on wall)  
8. *Supine* hand to ankle ball pass  
9. *Prone* Russian twist, feet on ball, hands on bench, push leg through

##### MEDICINE BALL:

1. Around the world, full circles from hip ball out, straight arms  
2. Diagonal sngl leg squat reach to toe hay bales  
3. Standing knee lift straight arm twist arms ball to toe  
4. V up alternate straight leg straight arms ball to toe  
5. Squat press jump  
6. Inchworm bounce out/back  
7. *Lateral* standing straight-arm rainbow  
8. Pillar sngl leg clock bounce  
9. Bird dogs, push up position, hands on ball

#### 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"

#### WEIGHT CIRCUIT ROUTINE (wks 6-10) PHASE 2

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

#### A: STRENGTH CIRCUIT

1. -8 x arm curls (dumbbells)  
2. -triceps pushdowns (machine)  
3. -8 x back lat pulls (machine)  
4. -8 x suitcase squats (dumbbell)  
5. -8 x standing "h" liberty press (dumbbell)  
6. -8 x bent back fly dbl arm standing (dumbbells)  
7. -8 x windmills (dumbbell)  
8. -8 x front fly (barbells)  
9. -8 x shoulder shrugs

#### B: STRENGTH CIRCUIT

1. -10+ back extensions  
2. -8 x standing hip matrix (band)  
3. -8 x one arm squat high pull (dumbbell)  
4. -8 x push up rows (dumbbells)  
5. -8 x standing "h" arm front/side raises (dumbbell)  
6. -60 second running arms w/ weight  
7. -8 x bar dips  
8. -8 x dead lifts (barbell)  
9. -16+ x side pulls (dumbbell)

#### 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 Sway-back/Cat-back  
2. 10 x Hand/knees, torso twist elbow up  
3. 10 x Lateral **abductor** leg raises (inverted/neutral/out)  
4. 10 x Lateral **adductor** leg raises (inverted/neutral/out)  
5. 5 x Scorpion  
6. 5 x Donkey whip  
7. 5 x Fire hydrant  
8. 10 x Groiners  
9. 10 x Standing straight leg lift matrix  
10. 10 x Sngl leg squat twist (rear foot on bench)  
11. 10 x Sngl leg bridge thrust

# COUGAR TRACK & FIELD

## 2014 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 11-15) PHASE 3

1 x 10 fwd hrdl prisoner walkovers  
1 x 10 fwd hrdl prisoner straight leg swing  
2 x 10 lateral under hrdl hop-ups

• 600m BAREFOOT run (2 turf laps)

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

• 600m BAREFOOT run (2 turf laps)

10 x side to side leg swings on fence  
10 x front to back leg swings on fence

• 600m BAREFOOT run (2 turf laps)

2 x 20m fwd "b" skips  
w/ 60m acceleration  
2 x 20m fwd rotary run  
w/ 60m acceleration  
2 x 20m fwd 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).

2 x 10 split lunge hops  
10 x Push-up twist arm reach  
20 x Reverse Hyper dbl leg lift, lateral split

• 600m run (2 turf laps)

2 x 10m lateral dbl leg hop squats  
20 x Triceps Dips on bench  
20 x Bodyweight Rows

• 600m BAREFOOT run (2 turf laps)

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

Stretch circuit

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

2 x 10 lateral hrdl prisoner walkover  
2 x 10 backward hrdl prisoner walkover  
2 x Lunge Matrix

• 600m BAREFOOT run (2 turf laps)

#### A: BAREFOOT 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  
-v-ups  
-legs up arm crawl, on chest  
-arm stand, side leg raises, toe twists  
-straight leg scoops

Jog Variation Between Each:

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

#### B: BAREFOOT CIRCUIT

7 x 40-60m jog / strength circuit:

-inverted leg splits & scissors  
-hip/trunk rotations, straight legs  
-hands & knees, donkey whips  
-straight leg lifts/scissors, on back  
-arm/leg scissors, on chest  
-scoop hip press  
-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 partner full-body lift/lower  
-2 x 10m lateral prowler crawl  
-10 x burpees

#### BAREFOOT drill circuit on grass:

-ground grabbers  
-heel to toe calf raise walk  
-straight leg swings

-4 min plank matrix w/ lateral leg lifts and knee drives

Stretch circuit

#### MORNING FITNESS ROUTINE (wks 11-15) PHASE 3

60-90 sec per set. 30m run btwn each.

#### A: BAREFOOT CIRCUIT

##### SWISS BALL:

1. *Supine* inner thigh drop push
2. *Prone* sngl leg stink bugs
3. *Lateral* oblique crunch (feet on wall)
4. *Prone* back extension w/ ball under hips, arms in cross (feet on wall)
5. *Supine* hands to ankles ball pass
6. All Four on ball sngl leg extension
7. *Lateral* side split leg raises

##### MEDICINE BALL:

1. Standing straight-arm circles
2. Sit up diagonal wood chops
3. Kettle bell swings to jump
4. Inchworm roll out/back
5. Standing straight-arm twists
6. Pillar sngl leg forward dip to "h" position sngl arm overhead press
7. Standing side to side slams

#### B: BAREFOOT CIRCUIT

##### SWISS BALL:

1. Straight arm rollout from knees
2. *Pone* stink bug to pike
3. *Supine* heels on ball sngl leg hamstring curls / hip thrusts
4. *Lateral* oblique crunch twist (feet on wall)
5. *Supine* straight leg lift lateral movement
6. *Prone* hips on ball back extension alternating arm reach (feet on wall)
7. *Lateral* elbow stand (feet on bench, forearm on floor) knee drives

##### MEDICINE BALL:

1. Around the world, full circles from hip ball out straight arms
2. Standing knee lift straight arm twist
3. V up alternate straight leg straight arms ball to toe
4. Diagonal sngl leg squat reach to toe drive to "h" hay bales
5. Inchworm bounce out/back
6. *Lateral* standing straight-arm rainbow
7. Pillar sngl leg clock bounce

#### 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"

#### WEIGHT CIRCUIT ROUTINE (wks 11-15) PHASE 3

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

#### A: STRENGTH CIRCUIT

1. -8 x arm curls (dumbbells)
2. -8 x front lat pulls (machine)
3. -8 x seated rows (machine)
4. -8 x squat to standing "h" military press (barbell)
5. -8 x bent fly matrix (dumbbell)
6. -8 x triceps press (dumbbell)
7. -8 x dbl leg box jumps

#### B: STRENGTH CIRCUIT

1. -8 x high-pulls or cleans (barbell)
2. -8 x standing bent row (barbell)
3. -8 x sngl leg pillar dip (dumbbell)
4. -8 x incline press (dumbbells)
5. -8 x figure eight (kettlebell)
6. -16+ x side pulls (dumbbell)
7. -8 x bar dips

#### 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 Sway-back/Cat-back
2. 10 Hand/knees torso twist, elbow up
3. 10 x Lateral **abductor** leg raises (inverted/neutral/out)
4. 10 x Lateral **adductor** leg raises (inverted/neutral/out)
5. 5 x Scorpion
6. 5 x Donkey whip
7. 5 x Fire hydrant
8. 10 x Groiners
9. 10 x Standing straight leg lift matrix
10. 10 x Sngl leg squat
11. 20 x Bridge thrust marching

February 2 ON YOUR OWN: Run LSD 55-75 min. GSM Routine. Stretch.	3 WINTER TRAINING ON YOUR OWN: 3:20PM Performance Warm up. Run EASY 20 min. 3-4 x RIM TRAIL HILL CIRCUITS @ 100% max effort on up hill. EASY run btwn each. Run EASY 20 min. Performance cool down. 2 x Track Strength circuit. Stretch.	4 WINTER TRAINING ON YOUR OWN: 3:20PM Fitness warm-up A. Run 45 min. RECOVERY RUN. Fitness cool down. Stretch.	5 WINTER TRAINING ON YOUR OWN: 3:20PM Fitness warm-up B. Run LSD 60-75 min on Rim Trail. Fitness cool down. Stretch.	6 WINTER TRAINING OPEN HOUSE ON YOUR OWN: 3:20PM Performance Warm up. Run EASY 20 min. TRACK: 2 x 1200m @ 20k pace. 800m @ 10k pace w/ 400m run btwn each. EASY 10 min. Performance cool down. 2 x Track Strength circuit.	7 WINTER TRAINING ON YOUR OWN: 3:20PM Fitness warm-up A. Run EASY 40 min. 4 x 150m @ 3200m pace. Fitness cool down. Stretch.	8 WINTER TRAINING ACT TEST DATE ON YOUR OWN: Run EASY 40 min. Weight circuit x 3.
Feb 9 Run LSD 55-80 min. GSM Routine. Stretch.	10 VARSITY: 6:30AM Morning Circuit A Run EASY 15 min.  ALL TEAM: 3:20PM Performance Warm up. Run EASY 20 min. 3 x 1800m @ 20k w/ rolling 400m after each. —or— 7 x 600m @ 20k w/ rolling 200m after each. Run EASY 10 min. 4 x 50m UPHILL STRIDES on access road to track. Performance cool down. Stretch.	11 ALL TEAM: 3:20PM Fitness warm-up A. Run EASY 20-30 min. Ladder Drills. GSM Routine. Fitness cool down. Stretch. Weight A circuit x 2.	12 VARSITY: 6:30AM Morning Circuit A Run EASY 15 min.  ALL TEAM: 3:20PM Performance Warm up. Run EASY 20 min. 1 x 4-3-2, 3-2-1 min. FARTLEK @ 10k-5k-3200m w/ 5 min. EASY run btwn sets. Run EASY 15 min. Performance cool down. Stretch.	13 ALL TEAM: 3:20PM Fitness warm-up B. Run LSD 50-65 min HILLS on Rim Trail. Ladder Drills. GSM Routine. Stretch. Weight A circuit x 2.	14 NO SCHOOL ALL TEAM: 9:00AM Fitness warm-up A. Run EASY 25-30 min. 3 x 150m @ 1600m w/ 250m EASY run after each. Fitness cool down. Stretch.  VARSITY: 4:30PM Morning Circuit A Run EASY 15 min.	15 ALL TEAM: 9:00AM Weight B circuit x 3. Pool workout. 10-11am Comp Pool "B" Shallow 10 lanes. Stretch.  ALL TEAM: 11:00AM-3:45PM BAY AREA TRACK CLUB CLINIC
Feb 16 ON YOUR OWN: Run LSD 60-80 min. GSM Routine. Stretch.	17 NO SCHOOL VARSITY: 7:30AM Morning Circuit A Run EASY 20 min.  ALL TEAM: 3:20PM Performance Warm up. Run EASY 20 min. 2 x 1600m @ 20k, 1200m @ 10k w/ rolling 400m after each. —or— 4 x 600m @ 20k, 600m @ 10k w/ rolling 200m after each. Run EASY 10 min. 4 x STRIDES barefoot on turf. Performance cool down. Stretch.	18 ALL TEAM: 3:20PM Fitness warm-up A. Run EASY 20-35 min. Ladder Drills. GSM Routine. Fitness cool down. Stretch. Weight A circuit x 2.	19 VARSITY: 6:30AM Morning Circuit B Run EASY 15 min.  ALL TEAM: 3:20PM Performance Warm up. Run EASY 20 min. RIM TRAIL HILL CIRCUITS @ 100% max effort on up hill. EASY run btwn sets. Run EASY 15 min. Performance cool down. Stretch.	20 ALL TEAM: 3:20PM Fitness warm-up B. Run LSD 50-65 min. FLAT through St. Mary's to Bolinger. Ladder Drills. GSM Routine. Stretch. Weight A circuit x 2.	21 VARSITY: 6:30AM Morning Circuit A Run EASY 20 min.  ALL TEAM: 3:20PM Fitness warm-up A. Run EASY 30-35 min. 3 x 200m @ 3200m w/ 200m EASY run after each. Fitness cool down. Stretch.	22 ALL TEAM: 9:00AM Weight B circuit x 3. Pool workout. 10-11am Comp Pool "B" Shallow 10 lanes. Stretch.
Feb 23 ON YOUR OWN: Run LSD 65-85 min. GSM Routine. Stretch.	24 VARSITY: 6:30AM Morning Circuit B Run EASY 20 min.  ALL TEAM: 3:20PM Performance Warm up. Run EASY 25 min. 3 x 1800m @ 20k w/ rolling 400m after each. —or— 7 x 600m @ 20k w/ rolling 200m after each. Run EASY 10 min. 6 x 50m UPHILL STRIDES on access road to track. Performance cool down. Stretch.	25 ALL TEAM: 3:20PM Fitness warm-up A. Run EASY 25-40 min. Ladder Drills. GSM Routine. Fitness cool down. Stretch. Weight A circuit x 2.	26 VARSITY: 6:30AM Morning Circuit A Run EASY 20 min.  ALL TEAM: 3:20PM Performance Warm up. Run EASY 20 min. 1 x 4-3-2, 3-2-1 min. FARTLEK @ 10k-5k-3200m w/ 5 min. EASY run btwn sets. Run EASY 15 min. Performance cool down. Stretch.	27 ALL TEAM: 3:20PM Fitness warm-up B. Run LSD 55-70 min. HILLS on Rim Trail. Ladder Drills. GSM Routine. Stretch. Weight A circuit x 2.  ALL PARENTS: 5:30PM Parent Meeting @ CHS	28 VARSITY: 6:30AM Morning Circuit B Run EASY 20 min.  ALL TEAM: 3:05PM Performance Warm up. RACE: Team Event Testing @ Campolindo HS Run EASY 25 min. Performance cool down. Stretch.	March 1 ALL TEAM: 9:00AM Weight B circuit x 3. Pool workout. 10-11am Comp Pool "B" Shallow 10 lanes. Stretch
March 2 ON YOUR OWN: Run LSD 65-85 min. GSM Routine. Stretch.	3 VARSITY: 6:30AM Morning Circuit B Run EASY 20 min.  ALL TEAM: 3:20PM Performance Warm up. Run EASY 25 min. 2 x 1600m @ 20k, 1200m @ 10k w/ rolling 400m after each. —or— 4 x 600m @ 20k, 600m @ 10k w/ rolling 200m after each. Run EASY 10 min. 6 x STRIDES barefoot on turf. Performance cool down. Stretch.	4 ALL TEAM: 3:20PM Fitness warm-up A. Run EASY 30-45 min. Ladder Drills. GSM Routine. Fitness cool down. Stretch. Weight A circuit x 2.	5 VARSITY: 6:30AM Morning Circuit A Run EASY 20 min.  ALL TEAM: 3:20PM Performance Warm up. Run EASY 20 min. RIM TRAIL HILL CIRCUITS @ 100% max effort on up hill. EASY run btwn sets. Run EASY 15 min. Performance cool down. Stretch.	6 BAND CONCERT ALL TEAM: 3:20PM Fitness warm-up B. Run LSD 55-70 min. FLAT through Staging Area. Ladder Drills. GSM Routine. Stretch. Weight A circuit x 2.	7 VARSITY: 6:30AM Morning Circuit B Run EASY 20 min.  ALL TEAM: 3:05PM HELP SET UP FOR MEET! Performance Warm up. RACE: Red vs. Blue Intra-squad meet @ Campolindo HS Run EASY 30 min. Performance cool down. Stretch.	8 SAT TEST DATE ALL TEAM: 9:00AM Weight B circuit x 3. Pool workout. 10-11am Comp Pool "B" Shallow 10 lanes. Stretch

<p>March 9</p> <p><b>ON YOUR OWN:</b></p> <p>•Run LSD 50-70 min.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>10</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•<b>GAME DAY</b></p> <p>•Stretch.</p>	<p>11</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 25 min.</p> <p>•700m @ 5k, 500m @ 3200m, 300m @ 1600m w/ rolling 400m after each.</p> <p>•Run EASY 10 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>12</p> <p><b>ALL TEAM: 3:10PM</b></p> <p>MEET EARLY! CARPOOL TO ORINDA TRAIL.</p> <p>•Run LSD 45-55 min FLAT on Orinda Trail.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>13</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 30-40 min.</p> <p>•3 x STRIDES barefoot on turf.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight A circuit x 2.</p>	<p>14</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Morning Circuit A</p> <p>•Run EASY 15 min.</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 30-35 min.</p> <p>•3 x 200m @ 3200m w/ 200m EASY run after each.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p>	<p>15</p> <p><b>ALL TEAM: 11:00AM</b></p> <p>Bus leaves CHS at 11:00am.</p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p><b>RACE: Dublin Distance Fiesta @ Dublin HS</b></p> <p>•Run EASY 15 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>
<p>March 16</p> <p><b>ON YOUR OWN:</b></p> <p>•Run LSD 55-75 min.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>17</p> <p><b>VARSITY: 7:30AM</b></p> <p>•Morning Circuit A</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p>•20 min. TEMPO @ 20k.</p> <p>—or—</p> <p>•5 x 1100m @ 10k w/ 1 min. 100m walk turn btwn each.</p> <p>•Run EASY 10 min.</p> <p>•4 x 50m UPHILL STRIDES on access road to track.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>18</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 30-40 min.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight A circuit x 2.</p>	<p>19</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Morning Circuit B</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 25 min.</p> <p>•2 x 800m @ 3200m, rolling 200m, 200m @ 800m, rolling 200m, 200m @ 800m, rolling 200m, 400m @ 3200m. 6 min. run btwn sets.</p> <p>•Run EASY 15 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>20</p> <p><i>CHS MUSICAL</i></p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness warm-up B.</p> <p>•Run LSD 50-60 min. HILLS on Rim Trail.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Stretch.</p> <p>•Weight A circuit x 2.</p>	<p>21</p> <p><i>CHS MUSICAL</i></p> <p><b>VARSITY: 6:30AM</b></p> <p>•Morning Circuit A</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 25-30 min.</p> <p>•3 x 150m @ acceleration to 95% max velocity w/ 250m EASY run after each.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p>	<p>22</p> <p><i>CHS MUSICAL</i></p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Weight B circuit x 3.</p> <p>•Pool workout. ???</p> <p>•Stretch.</p>
<p>March 23</p> <p><b>ON YOUR OWN:</b></p> <p>•Run LSD 55-80 min.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>24</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Morning Circuit A</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p>•2 x 600m @ 10k, 1400m @ 20k, 1000m @ 5k w/ rolling 200m after each segment. 600m btwn sets.</p> <p>—or—</p> <p>•3 x 1000m @ 20k, 600m @ 5k w/ rolling 200m after each.</p> <p>•Run EASY 10 min.</p> <p>•4 x STRIDES barefoot on turf.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>25</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 30-40 min.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight A circuit x 2.</p>	<p>26</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Morning Circuit B</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:05PM</b></p> <p>HELP SET UP FOR MEET!</p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p><b>RACE: DFAL Meet vs. Alhambra, Dublin, Las Lomas @ CHS</b></p> <p>•Run EASY 15 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>27</p> <p><i>CHS MUSICAL</i></p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness warm-up B.</p> <p>•Run LSD 50-60 min. FLAT through St. Mary's to Bolinger.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Stretch.</p> <p>•Weight A circuit x 2.</p>	<p>28</p> <p><i>CHS MUSICAL</i></p> <p><b>VARSITY: 6:30AM</b></p> <p>•Morning Circuit A</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 30-35 min.</p> <p>•4 x 200m @ 3200m w/ 200m EASY run after each.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p>	<p>29</p> <p><i>CHS MUSICAL</i></p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Weight B circuit x 3.</p> <p>•Pool workout. 10-11am Comp Pool "B" Shallow 10 lanes.</p> <p>•Stretch.</p>
<p>March 30</p> <p><b>ON YOUR OWN:</b></p> <p>•Run LSD 55-80 min.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>31</p> <p><i>NO SCHOOL</i></p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p>•20 min. TEMPO @ 20k.</p> <p>—or—</p> <p>•5 x 1100m @ 10k w/ 1 min. 100m walk turn btwn each.</p> <p>•Run EASY 10 min.</p> <p>•6 x 50m UPHILL STRIDES on access road to track.</p> <p>•Performance cool down.</p> <p>•Stretch.</p> <p><b>VARSITY: 5:00PM</b></p> <p>•Morning Circuit B</p> <p>•Run EASY 20 min.</p>	<p>April 1</p> <p><i>NO SCHOOL</i></p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 35-45 min.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>2</p> <p><i>NO SCHOOL</i></p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 25 min.</p> <p>•2 x 800m @ 3200m, rolling 200m, 200m @ 800m, rolling 200m, 200m @ 800m, rolling 200m, 400m @ 3200m. 6 min. run btwn sets.</p> <p>•Run EASY 15 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p> <p><b>VARSITY: 5:00PM</b></p> <p>•Morning Circuit A</p> <p>•Run EASY 25 min.</p>	<p>3</p> <p><i>NO SCHOOL</i></p> <p><b>ALL TEAM: 9:00AM</b></p> <p>CARPPOOL TO ORINDA TRAIL.</p> <p>•Fitness warm-up B.</p> <p>•Run LSD 55-65 min. FLAT on Orinda Trail.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Stretch.</p> <p>•Weight A circuit x 2.</p>	<p>4</p> <p><i>NO SCHOOL</i></p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 30-35 min.</p> <p>•3 x 150m @ acceleration to 95% max velocity w/ 250m EASY run after each.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>—or—</p> <p><b>SELECT ATHLETES: 1:00PM</b></p> <p>CARPPOOL TO PALO ALTO.</p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p><b>RACE: Stanford Invite @ Stanford</b></p> <p>•Run EASY 15 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>5</p> <p><b>ALL TEAM: 9:00AM</b></p> <p>•Weight B circuit x 3.</p> <p>•Pool workout. 10-11am Comp Pool "B" Shallow 10 lanes.</p> <p>•Stretch.</p> <p>—or—</p> <p><b>SELECT ATHLETES: TBA</b></p> <p>CARPPOOL TO PALO ALTO.</p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p><b>RACE: Stanford Invite @ Stanford</b></p> <p>•Run EASY 15 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>
<p>April 6</p> <p><b>ON YOUR OWN:</b></p> <p>•Run LSD 55-80 min.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>7</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Morning Circuit B</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p>•2 x 600m @ 10k, 1400m @ 20k, 1000m @ 5k w/ rolling 200m after each segment. 600m btwn sets.</p> <p>—or—</p> <p>•3 x 1000m @ 20k, 600m @ 5k w/ 1 min. rolling 200m btwn each.</p> <p>•4 x STRIDES barefoot on turf.</p> <p>•Run EASY 10 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>8</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 35-45 min.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight A circuit x 2.</p>	<p>9</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Morning Circuit A</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Performance Warm up.</p> <p>•Run EASY 25 min.</p> <p>•2 x 400-200-200m @ 800m w/ equal distance rolling recovery after reps. 1 min jog between sets.</p> <p>•Run EASY 15 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>10</p> <p><i>TALENT SHOW</i></p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness warm-up B.</p> <p>•Run LSD 55-65 min. FLAT through Staging Area.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Stretch.</p> <p>•Weight A circuit x 2.</p>	<p>11</p> <p><b>VARSITY: 6:30AM</b></p> <p>•Morning Circuit B</p> <p>•Run EASY 20 min.</p> <p><b>ALL TEAM: 3:20PM</b></p> <p>•Fitness warm-up A.</p> <p>•Run EASY 30-35 min.</p> <p>•4 x 200m @ 3200m w/ 200m EASY run after each.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p>	<p>12</p> <p><i>ACT TEST DATE</i></p> <p><b>ALL TEAM: 9:30AM</b></p> <p>Bus leaves CHS at 9:30am.</p> <p>•Performance Warm up.</p> <p>•Run EASY 20 min.</p> <p><b>RACE: Halden Invite @ Davis HS</b></p> <p>•Run EASY 15 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>



<p>April 13 ON YOUR OWN: •Run LSD 45-65 min. •GSM Routine. •Stretch.</p>	<p>14 ALL TEAM: 3:20PM •GAME DAY •Stretch.</p>	<p>15 ALL TEAM: 3:20PM •Performance Warm up. •Run EASY 25 min. •700m @ 5k, 500m @ 3200m, 300m @ 1600m w/ rolling 400m after each. •Run EASY 10 min. •Performance cool down. •Stretch.</p>	<p>16 ALL TEAM: 3:10PM MEET EARLY! CARPOOL TO ORINDA TRAIL. •Run LSD 45-60 min FLAT on Orinda Trail. •GSM Routine. •Stretch.</p>	<p>17 ALL TEAM: 3:20PM •Fitness warm-up A. •Run EASY 30-40 min. •3 x STRIDES barefoot on turf. •Fitness cool down. •Stretch. •Weight A circuit x 2.</p>	<p>18 VARSITY: 6:30AM •Morning Circuit A •Run EASY 15 min.  ALL TEAM: 3:20PM •Performance Warm up. •Run EASY 20 min. •2 x 1000m @ 3200m pace w/ 100m jog to 300m @ 800m pace. 6 min. jog b/w sets. •Run EASY 15 min. •Performance cool down. •Stretch. –or– SELECT ATHLETES: TBA VAN TO LOS ANGELES. •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>19 ALL OTHER ATHLETES: 9:00AM •Weight B circuit x 3. •Pool workout., 10-11am Comp Pool "B" Shallow 10 lanes. •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 20 ON YOUR OWN: •Run LSD 55-70 min. •GSM Routine. •Stretch.</p>	<p>21 SENIOR PARENT NIGHT VARSITY: 6:30AM •Morning Circuit A •Run EASY 20 min.  ALL TEAM: 3:20PM •Performance Warm up. •Run EASY 20 min. •4 x 1000m @ 5k, 400m @ 20k, w/ rolling 200m after each. •Run EASY 15 min. •2 x STRIDES barefoot on turf. •Performance cool down. •Stretch.</p>	<p>22 ALL TEAM: 3:20PM •Fitness warm-up A. •Run EASY 30-40 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight A circuit x 2.</p>	<p>23 VARSITY: 6:30AM •Morning Circuit B •Run EASY 20 min.  ALL TEAM: 3:05PM HELP SET UP FOR MEET! •Performance Warm up. •Run EASY 20 min. RACE: DFAL Meet vs. Acalanes, Dublin @ CHS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>24 ALL TEAM: 3:20PM •Fitness warm-up B. •Run LSD 50-60 min. through St. Mary's to Bolinger •Ladder Drills. •GSM Routine. •Stretch. •Weight A circuit x 2.</p>	<p>25 VARSITY: 6:30AM •Morning Circuit A •Run EASY 20 min.  ALL TEAM: 3:20PM •Fitness warm-up A. •Run EASY 30-35 min. •4 x 150m @ acceleration to 95% max velocity w/ 250m EASY run after each. •Fitness cool down. •Stretch.</p>	<p>26 JUNIOR PROM ALL TEAM: 9:00AM •Weight B circuit x 3. •Pool workout. ??? •Stretch.</p>
<p>April 27 ON YOUR OWN: •Run LSD 55-75 min. •GSM Routine. •Stretch.</p>	<p>28 VARSITY: 6:30AM •Morning Circuit B •Run EASY 20 min.  ALL TEAM: 3:20PM •Performance Warm up. •Run EASY 20 min. •20 min. TEMPO @ 20k pace. •Run EASY 10 min. •2 x STRIDES barefoot on turf. •Performance cool down. •Stretch.</p>	<p>29 ALL TEAM: 3:20PM •Fitness warm-up A. •Run EASY 35-45 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight A circuit x 2.</p>	<p>30 VARSITY: 6:30AM •Morning Circuit A •Run EASY 20 min.  ALL TEAM: 1:50PM Bus leaves CHS at 1:50PM. •Performance Warm up. •Run EASY 20 min. RACE: DFAL Meet vs. Dublin, Miramonte @ MHS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>May 1 ALL TEAM: 3:20PM •Fitness warm-up B. •Run LSD 50-60 min. FLAT through Staging Area. •Ladder Drills. •GSM Routine. •Stretch. •Weight A circuit x 2.</p>	<p>2 VARSITY: 6:30AM •Morning Circuit B •Run EASY 20 min.  ALL TEAM: 3:20PM •Performance Warm up. •Run EASY 20 min. •2 x 1000m @ 3200m pace w/ 100m jog to 300m @ 800m pace. 6 min. jog b/w sets. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>3 SAT TEST DATE ALL TEAM: 9:00AM •Pool workout., 10-11am Dive Pool. •Weight B circuit x 3. •Stretch.</p>
<p>May 4 ON YOUR OWN: •Run LSD 60-80 min. •GSM Routine. •Stretch.</p>	<p>5 AP TEST DATE VARSITY: 6:30AM •Morning Circuit B •Run EASY 20 min.  ALL TEAM: 3:20PM •Performance Warm up. •Run EASY 20 min. •4 x 1000m @ 5k, 400m @ 20k, w/ rolling 200m after each. •Run EASY 15 min. •3 x STRIDES barefoot on turf. •Performance cool down. •Stretch.</p>	<p>6 AP TEST DATE ALL TEAM: 3:20PM •Fitness warm-up A. •Run EASY 35-45 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. •Weight A circuit x 2.</p>	<p>7 AP TEST DATE VARSITY: 6:30AM •Morning Circuit A •Run EASY 20 min.  ALL TEAM: 1:50PM Bus leaves CHS at 1:50PM. •Performance Warm up. •Run EASY 20 min. RACE: DFAL Meet vs. Dougherty Valley, Dublin @ DHS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>8 AP TEST DATE ALL TEAM: 3:20PM •Fitness warm-up B. •Run LSD 50-60 min. through St. Mary's to Bolinger •Ladder Drills. •GSM Routine. •Stretch. •Weight A circuit x 2.</p>	<p>9 AP TEST DATE VARSITY: 6:30AM •Morning Circuit B •Run EASY 20 min.  ALL TEAM: 3:20PM •Fitness warm-up A. •Run EASY 30-35 min. •4 x 150m @ acceleration to 95% max velocity w/ 250m EASY run after each. •Fitness cool down. •Stretch.</p>	<p>10 ALL TEAM: 9:00AM •Weight B circuit x 3. •Pool workout. ??? •Stretch.</p>
<p>May 11 ON YOUR OWN: •Run LSD 40-60 min. •GSM Routine. •Stretch.</p>	<p>12 UNDERCLASS AWARDS AP TEST DATE VARSITY: 6:30AM •Morning Circuit B •Run EASY 20 min.  ALL TEAM: 3:20PM •Performance Warm up. •Run EASY 20 min. •20 min. TEMPO @ 20k pace. •Run EASY 10 min. •3 x STRIDES barefoot on turf. •Performance cool down. •Stretch. –or– •Fitness warm-up A. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>13 AP TEST DATE FROSH SOPH: 4:00PM Bus leaves CHS at 1:50PM. •Performance Warm up. •Run EASY 20 min. RACE: DFAL FS Finals @ Dublin 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>14 AP TEST DATE VARSITY: 4:30PM Bus leaves CHS at 2:20PM. •Performance Warm up. •Run EASY 20 min. RACE: DFAL VAR Trials @ Dublin HS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>15 AP TEST DATE VARSITY: 3:20PM •Fitness warm-up B. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>16 AP TEST DATE VARSITY: 4:30PM Bus leaves CHS at 2:20PM. •Performance Warm up. •Run EASY 20 min. RACE: DFAL VAR Finals @ Dublin HS •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>17 SENIOR BALL VARSITY: 9:00AM •Pool workout., 9-10am Comp Pool "A" Deep 10 lanes. •Weight B circuit x 2. •Stretch.</p>

May 18 <b>ON YOUR OWN:</b> •Run LSD 70 min. •Stretch.	19 <b>VARSITY: 3:20PM</b> •Fitness warm-up A. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch.	20 <b>SENIOR AWARDS</b> <b>VARSITY: 3:20PM</b> •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 w/ equal distance jog back btwn each. •Run EASY 15 min. •Post season cool down. •Stretch.	21 <b>VARSITY: 3:20PM</b> •Fitness warm-up B. •Run EASY 45 min. •Fitness cool down. •Stretch. •Weight A circuit x 2.	22 <b>VARSITY: 3:20PM</b> •Performance Warm up. •Run EASY 20 min. •7-8 x 500m @ 10k pace w/ 100m walk back recovery btwn each. •Run EASY 10 min. •Post season cool down. •Stretch.	23 <b>INSTRUMENTAL CONCERT</b> <b>VARSITY: 3:20PM</b> •Run EASY 30 min. •Stretch.	24 <b>VARSITY: 9:00AM</b> CARPOOL TO PLEASANTON •Performance Warm up. •Run EASY 20 min. <b>RACE: NCS Finals @ Amador Valley HS</b> •Run EASY 15 min. •Performance cool down. •Stretch.
May 25 <b>ON YOUR OWN:</b> •Run LSD 70 min. •Stretch.	26 <b>NO SCHOOL</b> <b>VARSITY: 3:20PM</b> •Pool workout. •Stretch. •Weight B circuit x 2.	27 <b>VARSITY: 3:20PM</b> •Performance Warm up. •Run EASY 20 min. •4 x 1000m @ 5k pace w/ 3 min. recovery btwn each. •Run EASY 10 min. •3 x 150m @ acceleration to 95% max velocity w/ 250m jog recovery btwn each. •Post season cool down. •Stretch.	28 <b>VARSITY: 3:20PM</b> •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. –or– •Fitness warm-up B. •Run EASY 30 min. •Fitness cool down. •Stretch.	29 <b>VARSITY: 3:20PM</b> •Fitness warm-up B. •Run EASY 30 min. •Fitness cool down. •Stretch. –or– •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.	30 <b>VARSITY: 12:00PM</b> CARPOOL TO BERKELEY •Performance Warm up. •Run EASY 20 min. <b>RACE: MOC Trials @ UC Berkeley Edwards Stdm</b> •Run EASY 15 min. •Performance cool down. •Stretch. –or– •Fitness warm-up B. •Run EASY 30 min. •Fitness cool down. •Stretch.	31 <b>VARSITY: 12:00PM</b> CARPOOL TO BERKELEY •Performance Warm up. •Run EASY 20 min. <b>RACE: MOC Finals @ UC Berkeley Edwards Stdm</b> •Run EASY 15 min. •Performance cool down. •Stretch.
June 1 <b>ON YOUR OWN:</b> •Run EASY 40 min. •Stretch.	2 <b>VARSITY: 9:00AM</b> •Pool workout. •Stretch.	3 <b>VARSITY: 3:20PM</b> •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 w/ equal distance jog back btwn each. •Run EASY 15 min. •Post season cool down. •Stretch. <b>ALL TEAM: 5:30PM</b> Awards Night @ TBA	4 <b>VARSITY: 3:20PM</b> •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. –or– •Fitness warm-up B. •Run EASY 30 min. •Fitness cool down. •Stretch.	5 <b>VARSITY: 3:20PM</b> •Fitness warm-up B. •Run EASY 30 min. •Fitness cool down. •Stretch. –or– •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.	6 <b>VARSITY: 3:00PM</b> •Performance Warm up. •Run EASY 20 min. <b>RACE: CIF Trials @ Buchanan HS</b> •Run EASY 15 min. •Performance cool down. •Stretch. –or– •Fitness warm-up B. •Run EASY 30 min. •Fitness cool down. •Stretch.	7 <b>SAT TEST DATE</b> <b>VARSITY: 4:00PM</b> •Performance Warm up. •Run EASY 20 min. <b>RACE: CIF Finals @ Buchanan HS</b> •Run EASY 15 min. •Performance cool down. •Stretch.

## Campolindo High School • COUGAR TRACK & FIELD • 2014 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!