

COUGAR TRACK & FIELD

2015 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

• 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

• 300m BAREFOOT run (1 turf lap)

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

• 300m BAREFOOT run (1 turf lap)

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).

A CIRCUIT (quad)

10-15 x reverse hyper dbl leg lifts
10-15 x triceps dips on bench
10 x dbl leg jump-ups on bench
10-15 x bodyweight rows
10 x frwrd step-up/knee drive

B CIRCUIT (track)

2 x 10 frwrd hurdle walkovers
2 x 10m frwrd lunge w/ twist
10 x lateral reach push-ups
2 x 10m lateral squat walk

• 600m BAREFOOT run (2 turf laps)

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

Stretch circuit

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

• 600m BAREFOOT run (2 turf laps)

A: BAREFOOT CIRCUIT

7 x 60m jog / strength circuit:

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

Jog Variation Between Each:

-backward jog x 2
-360 jog x 2
-lateral crossover x 2

B: BAREFOOT CIRCUIT

7 x 60m jog / strength circuit:

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

Jog Variation Between Each:

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

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

-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 x 1 min. plank

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 snl 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 snl 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* snl 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* overhead hand to hand toss
7. Squat straight arm front hold
8. Chest lifts arms lateral over ball
9. Pillar snl 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"

STRENGTH CIRCUIT ROUTINE (wks 1-5) PHASE 1

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

A: STRENGTH CIRCUIT

1. -8 x dead lift (barbell)
2. -8 x arm curls (dumbbells)
3. -8 x front pull ups (band)
4. -8 x bent row (dumbbell)
5. -8 x full squat (barbell)
6. -8 x military press (dumbbells)
7. -8 x triceps wood chop (band)
8. -8 x upright row (barbell)
9. -8 x bench press (dumbbells)
10. -16 x snl leg squat tap (box)

STRETCH CIRCUIT ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg crossover, side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle away from same side 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 Standing straight leg lift matrix
9. 10 x Snl leg squat
10. 10 x Dbl leg bridge thrust
11. 10 x inchworms

COUGAR TRACK & FIELD

2015 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 6-10) PHASE 2

• 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

• 300m BAREFOOT run (1 turf lap)

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

• 300m BAREFOOT run (1 turf lap)

2 x 20m frwrd gallop over 6" hurdles
w/ 40m acceleration
2 x 20m frwrd run over 6" hurdles
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).

A CIRCUIT (quad)

2 x stadium step dbl leg hops
15-20 x triceps dips on bench
10 x dbl leg jump-down squat-hold
15-20 x bodyweight rows

B CIRCUIT (track)

2 x 10 hurdle over-unders
10 x shins up/hands up push-ups
2 x 10m frwrd lunge/forearm dip

• 600m BAREFOOT run (2 turf laps)

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

Stretch circuit

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

• 600m BAREFOOT run (2 turf laps)

A: BAREFOOT CIRCUIT

7 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
-suitcases, on tail bone
-chest lifts, arms out in cross
-straight leg scoops

Jog Variation Between Each:

-backward jog x 2
-360 jog x 2
-lateral crossover x 2

B: BAREFOOT CIRCUIT

7 x 60m jog / strength circuit:

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

Jog Variation Between Each:

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

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

-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

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 *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* overhead hand to hand toss
6. Inchworm roll out/back
7. Standing straight-arm twists
8. Pillar sngl leg forward dip "h" position
9. Standing side to side 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
4. V up alternate straight leg straight arms ball to toe
5. Squat press jump
6. Inchworm bounce out/back
7. *Lateral* overhead 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 kettle bell swing
2. -8 x arm curls (dumbbells)
3. -8 x diagonal wood chops (band)
4. -8 x back pull ups (band)
5. -8 x standing back fly (dumbbells)
6. -8 x front fly (dumbbells)
7. -8 x one arm squat high pull (dumbbell)
8. -8 x push up rows (dumbbells)
9. -60 second running arms w/ weight

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 Standing straight leg lift matrix
9. 10 x Sngl leg squat twist (rear foot on bench)
10. 10 x Sngl leg bridge thrust

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NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

• 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

• 300m BAREFOOT run (1 turf lap)

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

• 300m BAREFOOT run (1 turf lap)

2 x 20m fwd "b" skips
w/ 40m acceleration
2 x 20m fwd rotary run
w/ 40m acceleration
2 x 20m fwd quick step
w/ 40m acceleration

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

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

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

A CIRCUIT (quad)

20 x reverse hyper dbl leg lift, lateral split
20 x triceps dips on bench
20 x bodyweight rows

B CIRCUIT (track)

2 x 10 split lunge hops
10 x push-up arm reach
2 x 10 lateral under hurdle hop squats

• 600m BAREFOOT run (2 turf laps)

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

Stretch circuit

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

• 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
-side clams
-straight leg scoops

Jog Variation Between Each:

-backward jog x 2
-lateral shuffle x 2
-lateral crossover 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:

-backward skip jog x 2
-360 skip x 2
-lateral saddle swings x 2

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

-10 x partner full-body lift/lower
-10 x burpees

BAREFOOT drill circuit on grass:

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

-4 min plank matrix

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 upright rows (barbell)
2. -8 x squat press (dumbbells)
3. -8 x arm curls (dumbbells)
4. -8 x front pull up (band)
5. -8 x bent rows (dumbbell)
6. -8 x triceps press (dumbbell)
7. -8 x sngl leg pillar dip (dumbbell)
8. -8 x bench press (dumbbells)

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 Standing straight leg lift matrix
9. 10 x Sngl leg squat
10. 20 x Bridge thrust marching
11. 10 x inchworms

February 1 ON YOUR OWN: •LSD run 70-90 min. •GSM Routine. •Stretch.	2 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 15 min. •Performance cool down •2 x Track Strength circuit. •Stretch.	3 WINTER TRAINING ON YOUR OWN: 3:20PM •Fitness warm-up A. •Run 45 min. RECOVERY RUN. •Fitness cool down. •Stretch.	4 WINTER TRAINING ON YOUR OWN: 3:20PM •Fitness warm-up B. •Run LSD 65-75 min on Rim Trail. •Fitness cool down. •Stretch.	5 WINTER TRAINING OPEN HOUSE ON YOUR OWN: 3:20PM •Performance Warm up. •Run 20 min. •TRACK: 2 x 1200m @ 20k pace 800m @ 10k pace w/ 400m run btwn each •Run 10 min. •Performance cool down •2 x Track Strength circuit.	6 WINTER TRAINING ON YOUR OWN: 3:20PM •Fitness warm-up A. •Run EASY 40 min. •4 x 150m @ 3200m pace. •Fitness cool down. •GSM Routine. •Stretch.	7 WINTER TRAINING ACT TEST DATE ON YOUR OWN: •Run EASY 40 min. •Weight circuit x 3.
Feb 8 •LSD run 65-80 min. •GSM Routine. •Stretch.	9 CHAMBER CONCERT VARSITY: 6:30AM •Morning Circuit A •RECOVERY run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •3 x 4 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy on field. •Run 10 min. •Performance cool down. •Stretch.	10 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up A. •Run 30-35 min. •3 x 50m UPHILL strides on access road to track. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 2.	11 CHOIR FEST 8AM-1PM ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •2 x 3 min. @ 10k, 2 min. easy, 2 min. @ 5k, 1 min. easy, 1 min. @ 3200m, 3 min. easy. •4-6 x 30 sec. @ 800m, 90 sec. easy. •Run 10 min. •Performance cool down. •Stretch.	12 VARSITY: 6:30AM •Morning Circuit B •RECOVERY run 10 min. ALL TEAM: 3:20PM •Fitness warm-up B •LSD run 55-65 min. HILLS on Rim Trail. •Ladder Drills. •GSM Routine. •Stretch.	13 NO SCHOOL ALL TEAM: 9:00AM •Fitness warm-up A. •RECOVERY run 30-35 min. •3 x 150m @ 1600m w/ rolling 250m after each. •Fitness cool down. •GSM Routine. •Stretch. VARSITY: ON YOUR OWN •RECOVERY run 20 min. Forward Motion Sports Spike Sale Hartz Ave. Danville	14 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout. •Stretch. Forward Motion Sports Spike Sale Hartz Ave. Danville
Feb 15 ON YOUR OWN: •LSD run 70-85+ min. •GSM Routine. •Stretch. Forward Motion Sports Spike Sale Hartz Ave. Danville	16 NO SCHOOL VARSITY: 7:30AM •Morning Circuit A •RECOVERY run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •2 x 8 min. @ 20k, 3 min. easy, 4 min. @ 20k, 2 min. easy on field. •Run 10 min. •Performance cool down. •Stretch. Forward Motion Sports Spike Sale Hartz Ave. Danville	17 VARSITY: ON YOUR OWN •RECOVERY run 20 min. ALL TEAM: 3:20PM •Fitness warm-up A. •RECOVERY run 30-35 min. •3 x 100m strides barefoot on turf. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 2.	18 ORCHESTRA CONCERT ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •Run Trail HILL CIRCUITS @ 100% max effort on up hill, easy run btwn each. •Run 15 min. •Performance cool down. •Stretch.	19 VARSITY: 6:30AM •Morning Circuit B •RECOVERY run 10 min. ALL TEAM: 3:20PM •Fitness warm-up B •LSD run 55-65 min. FLAT through Staging area. •Ladder Drills. •GSM Routine. •Stretch.	20 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:20PM •Fitness warm-up A. •RECOVERY run 30-35 min. •3 x 200m @ 3200m w/ rolling 200m after each. •Fitness cool down. •GSM Routine. •Stretch.	21 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout. •Stretch.
Feb 22 ON YOUR OWN: •LSD run 70-85+ min. •GSM Routine. •Stretch.	23 VARSITY: 6:30AM •Morning Circuit A •RECOVERY run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •3 x 6 min. @ 20k, 1 min. easy, 3 min. @ 20k, 1 min. easy on field. •Run 10 min. •Performance cool down. •Stretch.	24 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:20PM •Fitness warm-up A. •RECOVERY run 30-35 min. •3 x 50m UPHILL strides on access road to track. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 2.	25 ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •2 x 3 min. @ 10k, 2 min. easy, 2 min. @ 5k, 1 min. easy, 1 min. @ 3200m, 3 min. easy. •4-6 x 30 sec. @ 800m, 90 sec. easy. •Run 10 min. •Performance cool down. •Stretch.	26 BAND CONCERT TEAM PARENT MEETING VARSITY: 6:30AM •Morning Circuit B •RECOVERY run 10 min. ALL TEAM: 3:20PM •Fitness warm-up B •LSD run 55-65 min. HILLS on Rim Trail. •Ladder Drills. •GSM Routine. •Stretch. ALL PARENTS: 5:30PM Parent Meeting @ CHS	27 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:05PM •Performance Warm up. RACE: Team Event Testing @ Campolindo HS •Run 30 min. •Performance cool down. •Stretch.	28 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout. •Stretch.
March 1 ON YOUR OWN: •LSD run 70-85+ min. •GSM Routine. •Stretch.	2 VARSITY: 6:30AM •Morning Circuit A •RECOVERY run 10 min. ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •2 x 9 min. @ 20k, 3 min. easy, 4 min. @ 20k, 2 min. easy on field. •Run 10 min. •Performance cool down. •Stretch.	3 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:20PM •Fitness warm-up A. •RECOVERY run 30-35 min. •3 x 100m strides barefoot on turf. •GSM Routine. •Fitness cool down. •Stretch. •Weight circuit x 2.	4 ALL TEAM: 3:20PM •Performance Warm up. •Run 20 min. •Run Trail HILL CIRCUITS @ 100% max effort on up hill, easy run btwn each. •Run 15 min. •Performance cool down. •Stretch.	5 BAND CONCERT VARSITY: 6:30AM •Morning Circuit B •RECOVERY run 10 min. ALL TEAM: 3:20PM •Fitness warm-up B •LSD run 55-65 min. FLAT through Staging area. •Ladder Drills. •GSM Routine. •Stretch.	6 VARSITY: ON YOUR OWN •RECOVERY run 25 min. ALL TEAM: 3:05PM HELP SET UP FOR MEET! •Performance Warm up. RACE: Red vs. Blue Intra-squad meet @ Campolindo HS •Run 30 min. •Performance cool down. •Stretch.	7 ALL TEAM: 9:00AM •Weight circuit x 3. •Pool workout. •Stretch.

<p>March 8</p> <p>ON YOUR OWN:</p> <p>LSD run 60-75 min.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>9</p> <p>NO SCHOOL</p> <p>ALL TEAM: 3:20PM</p> <p>•RECOVERY run 30-35 min.</p> <p>•GAME DAY</p> <p>•Stretch.</p>	<p>10</p> <p>VARSIITY: ON YOUR OWN</p> <p>•RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up A.</p> <p>•RECOVERY run 30-35 min.</p> <p>3 x 100m strides barefoot on turf.</p> <p>•GSM Routine.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight circuit x 1.</p>	<p>11</p> <p>ALL TEAM: 3:10PM</p> <p>•Performance Warm up.</p> <p>•Run 25 min.</p> <p>2 x 800m @ 5k, 600m @ 3200m, 400m @ 1600m w/ rolling 400m after each.</p> <p>•Run 10 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>12</p> <p>SCHL MUSICAL</p> <p>VARSIITY: 6:30AM</p> <p>•Morning Circuit A</p> <p>•RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up B.</p> <p>•LSD run 50-60 min FLAT through St. Mary's to Bolinger.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>13</p> <p>SCHL MUSICAL</p> <p>VARSIITY: ON YOUR OWN</p> <p>•RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up A.</p> <p>•RECOVERY run 30-35 min.</p> <p>3 x 200m @ 3200m w/ rolling 200m after each.</p> <p>•Fitness cool down.</p> <p>•GSM Routine.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>14</p> <p>SAT TEST DATE</p> <p>SELECT ATHLETES: 1:00PM</p> <p>Carpool leaves CHS at 1:00PM.</p> <p>•Performance Warm up.</p> <p>•Run 20+ min.</p> <p>RACE: San Rafael Twilight Relays @ San Rafael HS</p> <p>•Run 20-30 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p> <p>–or–</p> <p>SELECT ATHLETES: 7:00AM</p> <p>Carpool leaves CHS at 7:00AM.</p> <p>•Performance Warm up.</p> <p>•Run 20+ min.</p> <p>RACE: East Bay Invitational @ Monte Vista HS</p> <p>•Run 20-30 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>
<p>March 15</p> <p>ON YOUR OWN:</p> <p>LSD run 65-80+ min.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>16</p> <p>SCHL MUSICAL</p> <p>VARSIITY: 7:30AM</p> <p>•Morning Circuit A</p> <p>•RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Performance Warm up.</p> <p>•Run 25 min.</p> <p>20 min. TEMPO @ 20k</p> <p>2 x 250m @ 400m w/ rolling 150m after each.</p> <p>–or–</p> <p>3 x 5 min. TEMPO @ 20k w/ 1 min. walk between each.</p> <p>2 x 200m @ 400m w/ rolling 200m after each.</p> <p>•Run 10 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>17</p> <p>SCHL MUSICAL</p> <p>VARSIITY: ON YOUR OWN</p> <p>•RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up A.</p> <p>•RECOVERY run 30-35 min.</p> <p>3 x 50m UPHILL strides on access road to track.</p> <p>•GSM Routine.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>18</p> <p>SCHL MUSICAL</p> <p>ALL TEAM: 3:20PM</p> <p>•Performance Warm up.</p> <p>•Run 25 min.</p> <p>2 x 800m @ 3200m, rolling 400m, 400m @ 1600m, rolling 200m, 200m @ 800m, rolling 200m, 200m @ 800m, rolling 400m.</p> <p>•Run 15 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>19</p> <p>SCHL MUSICAL</p> <p>VARSIITY: 6:30AM</p> <p>•Morning Circuit B</p> <p>•RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up B.</p> <p>•LSD run 50-60 min. FLAT through Staging Area.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>20</p> <p>SCHL MUSICAL</p> <p>VARSIITY: ON YOUR OWN</p> <p>•RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up A.</p> <p>•RECOVERY run 30-35 min.</p> <p>3 x 150m @ 1600m w/ rolling 250m after each.</p> <p>•Fitness cool down.</p> <p>•GSM Routine.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>21</p> <p>SCHL MUSICAL</p> <p>SELECT ATHLETES: 11:00AM</p> <p>Bus leaves CHS at 11:00am.</p> <p>•Performance Warm up.</p> <p>•Run 20+ min.</p> <p>RACE: Dublin Distance Fiesta @ Dublin HS</p> <p>•Run 20-30 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p> <p>–or–</p> <p>REMAINING ATHLETES: 9:00AM</p> <p>Weight circuit x 3.</p> <p>Pool workout.</p> <p>•Stretch.</p>
<p>March 22</p> <p>ON YOUR OWN:</p> <p>LSD run 70-85+ min.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>23</p> <p>VARSIITY: 6:30AM</p> <p>•Morning Circuit A</p> <p>•RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Performance Warm up.</p> <p>•Run 20 min.</p> <p>2 x 400m @ 10k, 1600m @ 20k, 800m @ 5k w/ rolling 400m after each. 400m btwn sets.</p> <p>–or–</p> <p>3 x 1200m @ 20k, 800m @ 5k w/ rolling 400m after each.</p> <p>•Run 10 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>24</p> <p>VARSIITY: ON YOUR OWN</p> <p>•RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up A.</p> <p>•RECOVERY run 30-35 min.</p> <p>3 x 100m strides barefoot on turf.</p> <p>•GSM Routine.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>25</p> <p>ALL TEAM: 3:05PM</p> <p>HELP SET UP FOR MEET!</p> <p>•Performance Warm up.</p> <p>•Run 20+ min.</p> <p>RACE: DFAL Meet vs. Alhambra, Dublin, Miramonte @ CHS</p> <p>•Run 20-30 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>26</p> <p>VARSIITY: 6:30AM</p> <p>•Morning Circuit B</p> <p>•RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up B.</p> <p>•LSD run 50-60 min. FLAT through St. Mary's to Bolinger.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>27</p> <p>VARSIITY: ON YOUR OWN</p> <p>•RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up A.</p> <p>•RECOVERY run 30-35 min.</p> <p>3 x 200m @ 3200m w/ rolling 200m after each.</p> <p>•Fitness cool down.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>28</p> <p>ALL ATHLETES: 9:00AM</p> <p>•Weight circuit x 3.</p> <p>Pool workout.</p> <p>•Stretch.</p>
<p>March 29</p> <p>ON YOUR OWN:</p> <p>LSD run 70-85+ min.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>30</p> <p>NO SCHOOL</p> <p>ALL TEAM: 3:20PM</p> <p>•Performance Warm up.</p> <p>•Run 25 min.</p> <p>20 min. TEMPO @ 20k</p> <p>2 x 250m @ 400m w/ rolling 150m after each.</p> <p>–or–</p> <p>3 x 5 min. TEMPO @ 20k w/ 1 min. walk between each.</p> <p>2 x 200m @ 400m w/ rolling 200m after each.</p> <p>•Run 10 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p> <p>VARSIITY: 5:00PM</p> <p>•Morning Circuit A</p> <p>•RECOVERY run 10 min.</p>	<p>31</p> <p>NO SCHOOL</p> <p>ALL TEAM: 9:00AM</p> <p>•Fitness warm-up A.</p> <p>•RECOVERY run 30-35 min.</p> <p>3 x 50m UPHILL strides on access road to track.</p> <p>•GSM Routine.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p> <p>VARSIITY: ON YOUR OWN</p> <p>•RECOVERY run 25 min.</p>	<p>April 1</p> <p>NO SCHOOL</p> <p>ALL TEAM: 9:00AM</p> <p>•Performance Warm up.</p> <p>•Run 25 min.</p> <p>2 x 800m @ 3200m, rolling 400m, 400m @ 1600m, rolling 200m, 200m @ 800m, rolling 200m, 200m @ 800m, rolling 400m.</p> <p>•Run 15 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>2</p> <p>NO SCHOOL</p> <p>ALL TEAM: 9:00AM</p> <p>Carpool to Orinda Trail.</p> <p>•Fitness warm-up B.</p> <p>LSD run 55-65 min. FLAT on Orinda Trail.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Stretch.</p> <p>VARSIITY: 5:00PM</p> <p>•Morning Circuit B</p> <p>•RECOVERY run 10 min.</p>	<p>3</p> <p>NO SCHOOL</p> <p>ALL ATHLETES: 9:00AM</p> <p>•Fitness warm-up A.</p> <p>•RECOVERY run 30-35 min.</p> <p>3 x 150m @ 1600m w/ rolling 250m after each.</p> <p>•Fitness cool down.</p> <p>•GSM Routine.</p> <p>•Stretch.</p> <p>–and–</p> <p>SELECT ATHLETES: TBA</p> <p>Carpool leaves CHS at TBA.</p> <p>•Performance Warm up.</p> <p>•Run 20+ min.</p> <p>RACE: Stanford Invite @ Stanford</p> <p>•Run 20-30 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>4</p> <p>ALL ATHLETES: 9:00AM</p> <p>•Weight circuit x 3.</p> <p>Pool workout.</p> <p>•Stretch.</p>
<p>April 5</p> <p>ON YOUR OWN:</p> <p>LSD run 70-85+ min.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>6</p> <p>VARSIITY: 6:30AM</p> <p>•Morning Circuit A</p> <p>•RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Performance Warm up.</p> <p>•Run 20 min.</p> <p>2 x 400m @ 10k, 1600m @ 20k, 800m @ 5k w/ rolling 400m after each segment. 400m btwn sets.</p> <p>–or–</p> <p>3 x 1200m @ 20k, 800m @ 5k w/ rolling 400m after each.</p> <p>•Run 10 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>7</p> <p>VARSIITY: ON YOUR OWN</p> <p>•RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up A.</p> <p>•RECOVERY run 30-35 min.</p> <p>3 x 100m strides barefoot on turf.</p> <p>•GSM Routine.</p> <p>•Fitness cool down.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>8</p> <p>MORAGA BAND</p> <p>ALL TEAM: 3:20PM</p> <p>•Performance Warm up.</p> <p>•Run 25 min.</p> <p>2 x 100-200-300m @ 800m w/ 20 sec. btwn reps. 8 min. EASY run btwn sets.</p> <p>•Run 10 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>	<p>9</p> <p>TALENT SHOW</p> <p>MORAGA ORCHESTRA</p> <p>VARSIITY: 6:30AM</p> <p>•Morning Circuit B</p> <p>•RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up B.</p> <p>•LSD run 55-65 min. FLAT through Staging area.</p> <p>•Ladder Drills.</p> <p>•GSM Routine.</p> <p>•Stretch.</p>	<p>10</p> <p>VARSIITY: ON YOUR OWN</p> <p>•RECOVERY run 25 min.</p> <p>ALL TEAM: 3:20PM</p> <p>•Fitness warm-up A.</p> <p>•RECOVERY run 30-35 min.</p> <p>3 x 200m @ 3200m w/ rolling 200m after each.</p> <p>•Fitness cool down.</p> <p>•GSM Routine.</p> <p>•Stretch.</p> <p>•Weight circuit x 2.</p>	<p>11</p> <p>ALL TEAM: TBA</p> <p>Carpool leaves CHS at TBA.</p> <p>•Performance Warm up.</p> <p>•Run 20+ min.</p> <p>RACE: Halden Invite @ Davis HS</p> <p>•Run 20-30 min.</p> <p>•Performance cool down.</p> <p>•Stretch.</p>

<p>April 12</p> <p>ON YOUR OWN:</p> <p>LSD run 65-75 min.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>13</p> <p>ALL TEAM: 3:20PM</p> <p>RECOVERY run 30-35 min.</p> <p>GAME DAY</p> <p>Stretch.</p>	<p>14</p> <p>VARSITY: ON YOUR OWN</p> <p>RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Fitness warm-up A.</p> <p>RECOVERY run 30-35 min.</p> <p>3 x 100m strides barefoot on turf.</p> <p>Fitness cool down.</p> <p>Stretch.</p> <p>Weight circuit x 1.</p>	<p>15</p> <p>ALL TEAM: 1:45PM</p> <p>Bus leaves CHS at 1:45PM.</p> <p>Performance Warm up.</p> <p>Run 20+ min.</p> <p>RACE: DFAL Meet vs. Acalanes, Miramonte @ MHS</p> <p>Run 20-30 min.</p> <p>Performance cool down.</p> <p>Stretch.</p>	<p>16</p> <p>VARSITY: 6:30AM</p> <p>Morning Circuit A</p> <p>RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>LSD run 50-60 min. FLAT through St. Mary's to Bolinger.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>17</p> <p>VARSITY: ON YOUR OWN</p> <p>RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Fitness warm-up A.</p> <p>RECOVERY run 30-35 min.</p> <p>3 x 200m @ 3200m w/ rolling 200m after each.</p> <p>Fitness cool down.</p> <p>GSM Routine.</p> <p>Stretch.</p> <p>—or—</p> <p>SELECT ATHLETES: TBA</p> <p>Performance Warm up.</p> <p>Run 20+ min.</p> <p>RACE: Mt. SAC Relays @ Mt. San Antonio College</p> <p>Run 20-30 min.</p> <p>Performance cool down.</p> <p>Stretch.</p>	<p>18</p> <p>ACT TEST DATE</p> <p>JUNIOR PROM</p> <p>SELECT ATHLETES: TBA</p> <p>Performance Warm up.</p> <p>Run 20+ min.</p> <p>RACE: Mt. SAC Relays @ Mt. San Antonio College</p> <p>Run 20-30 min.</p> <p>Performance cool down.</p> <p>Stretch.</p> <p>—or—</p> <p>REMAINING ATHLETES: 9:00AM</p> <p>Weight circuit x 3.</p> <p>Pool workout.</p> <p>Stretch.</p>
<p>April 19</p> <p>ON YOUR OWN:</p> <p>LSD run 70-80+ min.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>20</p> <p>SENIOR PARENT NIGHT</p> <p>VARSITY: 6:30AM</p> <p>Morning Circuit A</p> <p>RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Performance Warm up.</p> <p>Run 25 min.</p> <p>15 min. TEMPO @ 20k.</p> <p>Run 600m.</p> <p>3 x 300m @ 800m w/ rolling 300m after each.</p> <p>Run 10 min.</p> <p>Performance cool down.</p> <p>Stretch.</p>	<p>21</p> <p>VARSITY: ON YOUR OWN</p> <p>RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Fitness warm-up A.</p> <p>RECOVERY run 35-40 min.</p> <p>GSM Routine.</p> <p>Fitness cool down.</p> <p>Stretch.</p> <p>Weight circuit x 2.</p>	<p>22</p> <p>ALL TEAM: 1:45PM</p> <p>Bus leaves CHS at 1:45PM.</p> <p>Performance Warm up.</p> <p>Run 20+ min.</p> <p>RACE: DFAL Meet vs. Miramonte, Las Lomas @ LLHS</p> <p>Run 20-30 min.</p> <p>Performance cool down.</p> <p>Stretch.</p>	<p>23</p> <p>VARSITY: 6:30AM</p> <p>Morning Circuit B</p> <p>RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Fitness warm-up B.</p> <p>LSD run 50-60 min. through Staging area.</p> <p>Ladder Drills.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>24</p> <p>VARSITY: ON YOUR OWN</p> <p>RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Fitness warm-up A.</p> <p>RECOVERY run 30-35 min.</p> <p>3 x 150m @ acceleration to 95% max velocity w/ rolling 250m after each.</p> <p>Fitness cool down.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>25</p> <p>ALL TEAM: 9:00AM</p> <p>Weight circuit x 3.</p> <p>Pool workout.</p> <p>Stretch.</p>
<p>April 26</p> <p>ON YOUR OWN:</p> <p>LSD run 70-80+ min.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>27</p> <p>VARSITY: 6:30AM</p> <p>Morning Circuit A</p> <p>RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Performance Warm up.</p> <p>Run 20 min.</p> <p>3 x 1000m @ 5k, 400m @ 20k, w/ rolling 200m after each.</p> <p>Run 600m.</p> <p>3 x 200m @ 800m w/ rolling 200m after each.</p> <p>Run 10 min.</p> <p>Performance cool down.</p> <p>Stretch.</p>	<p>28</p> <p>VARSITY: ON YOUR OWN</p> <p>RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Fitness warm-up A.</p> <p>RECOVERY run 30-35 min.</p> <p>3 x 100m strides barefoot on turf.</p> <p>GSM Routine.</p> <p>Fitness cool down.</p> <p>Stretch.</p> <p>Weight circuit x 2.</p>	<p>29</p> <p>CHOIR POPS CONCERT</p> <p>ALL TEAM: 3:20PM</p> <p>Performance Warm up.</p> <p>Run 25 min.</p> <p>2 x 100-200-300m @ 800m w/ 20 sec. btwn reps. 8 min. EASY run btwn sets.</p> <p>Run 10 min.</p> <p>Performance cool down.</p> <p>Stretch.</p>	<p>30</p> <p>VARSITY: 6:30AM</p> <p>Morning Circuit B</p> <p>RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Fitness warm-up B.</p> <p>LSD run 50-60 min. FLAT through St. Mary's to Bolinger.</p> <p>Ladder Drills.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>May 1</p> <p>VARSITY: ON YOUR OWN</p> <p>RECOVERY run 20 min.</p> <p>ALL TEAM: TBA</p> <p>Performance Warm up.</p> <p>Run 20+ min.</p> <p>RACE: Bob Warren Relays @ Acalanes HS</p> <p>Run 20-30 min.</p> <p>Performance cool down.</p> <p>Stretch.</p> <p>—or—</p> <p>REMAINING ATHLETES: 3:20PM</p> <p>Fitness warm-up A.</p> <p>RECOVERY run 30-35 min.</p> <p>3 x 200m @ 3200m w/ rolling 200m after each.</p> <p>Fitness cool down.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>2</p> <p>SAT TEST DATE</p> <p>ALL TEAM: 9:00AM</p> <p>Weight circuit x 3.</p> <p>Pool workout.</p> <p>Stretch.</p>
<p>May 3</p> <p>ON YOUR OWN:</p> <p>LSD run 70-80+ min.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>4</p> <p>AP TEST DATE</p> <p>VARSITY: 6:30AM</p> <p>Morning Circuit A</p> <p>RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Performance Warm up.</p> <p>Run 25 min.</p> <p>15 min. TEMPO @ 20k.</p> <p>Run 600m.</p> <p>3 x 300m @ 800m w/ rolling 300m after each.</p> <p>Performance cool down.</p> <p>Stretch.</p>	<p>5</p> <p>AP TEST DATE</p> <p>VARSITY: ON YOUR OWN</p> <p>RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Fitness warm-up A.</p> <p>RECOVERY run 35-40 min.</p> <p>GSM Routine.</p> <p>Fitness cool down.</p> <p>Stretch.</p> <p>Weight circuit x 2.</p>	<p>6</p> <p>AP TEST DATE</p> <p>ALL TEAM: 1:45PM</p> <p>Bus leaves CHS at 1:45PM.</p> <p>Performance Warm up.</p> <p>Run 20+ min.</p> <p>RACE: DFAL Meet vs. Dougherty Valley, Miramonte @ DVHS</p> <p>Run 20-30 min.</p> <p>Performance cool down.</p> <p>Stretch.</p>	<p>7</p> <p>AP TEST DATE</p> <p>VARSITY: 6:30AM</p> <p>Morning Circuit B</p> <p>RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Fitness warm-up B.</p> <p>LSD run 50-60 min. through Staging area.</p> <p>Ladder Drills.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>8</p> <p>AP TEST DATE</p> <p>VARSITY: ON YOUR OWN</p> <p>RECOVERY run 20 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Fitness warm-up A.</p> <p>RECOVERY run 30-35 min.</p> <p>3 x 150m @ acceleration to 95% max velocity w/ rolling 250m after each.</p> <p>Fitness cool down.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>9</p> <p>ALL TEAM: 9:00AM</p> <p>Weight circuit x 3.</p> <p>Pool workout.</p> <p>Stretch.</p>
<p>May 10</p> <p>ON YOUR OWN:</p> <p>LSD run 40-80+ min.</p> <p>GSM Routine.</p> <p>Stretch.</p>	<p>11</p> <p>UNDERCLASS AWARDS</p> <p>AP TEST DATE</p> <p>VARSITY: 6:30AM</p> <p>Morning Circuit A</p> <p>RECOVERY run 10 min.</p> <p>ALL TEAM: 3:20PM</p> <p>Performance Warm up.</p> <p>Run 20 min.</p> <p>3 x 1000m @ 5k, 400m @ 20k, w/ rolling 200m after each.</p> <p>Run 600m.</p> <p>3 x 200m @ 800m w/ rolling 200m after each.</p> <p>Run 10 min.</p> <p>Performance cool down.</p> <p>Stretch.</p> <p>—or—</p> <p>Fitness warm-up A.</p> <p>RECOVERY run 25-35 min.</p> <p>Fitness cool down.</p> <p>Stretch.</p>	<p>12</p> <p>AP TEST DATE</p> <p>FROSH SOPH: 1:50PM</p> <p>Help set up for meet!</p> <p>Performance Warm up.</p> <p>Run 20+ min.</p> <p>RACE: DFAL FS Finals @ CHS</p> <p>Performance cool down.</p> <p>Stretch.</p> <p>—or—</p> <p>ALL TEAM: 3:30PM</p> <p>Fitness warm-up A.</p> <p>RECOVERY run 25-35 min.</p> <p>3 x 100m strides barefoot on turf.</p> <p>Fitness cool down.</p> <p>Stretch.</p>	<p>13</p> <p>AP TEST DATE</p> <p>VARSITY: 2:20PM</p> <p>Help set up for meet!</p> <p>Performance Warm up.</p> <p>Run 20+ min.</p> <p>RACE: DFAL VAR Trials @ CHS</p> <p>Run 20 min.</p> <p>Performance cool down.</p> <p>Stretch.</p>	<p>14</p> <p>AP TEST DATE</p> <p>VARSITY: ON YOUR OWN</p> <p>RECOVERY run 10 min.</p> <p>VARSITY: 3:20PM</p> <p>Fitness warm-up B.</p> <p>RECOVERY run 25-40 min.</p> <p>Fitness cool down.</p> <p>Stretch.</p>	<p>15</p> <p>AP TEST DATE</p> <p>SPRING CONCERT</p> <p>VARSITY: 2:20PM</p> <p>Help set up for meet!</p> <p>Performance Warm up.</p> <p>Run 20+ min.</p> <p>RACE: DFAL VAR Finals @ CHS</p> <p>Run 20 min.</p> <p>Performance cool down.</p> <p>Stretch.</p>	<p>16</p> <p>SENIOR BALL</p> <p>VARSITY: 9:00AM</p> <p>Pool workout.</p> <p>Weight circuit x 2.</p> <p>Stretch.</p>

May 17 ON YOUR OWN: LSD run 70 min. •Stretch.	18 VARSITY: ON YOUR OWN •RECOVERY run 20 min. VARSITY: 3:20PM •Fitness warm-up A. •RECOVERY run 30 min. •GSM Routine. •Fitness cool down. •Stretch.	19 VARSITY: 3:20PM •Performance Warm up. •Run 20 min. 100-110-120-130-140-150-160-170-180-190-200m start first rep @ 1600m and increase pace each rep so that final rep is @ 400m, w/ equal distance run back btwn each. •Run 15 min. •Post season cool down. •Stretch.	20 SENIOR AWARDS VARSITY: ON YOUR OWN •RECOVERY run 20 min. VARSITY: 3:20PM •Fitness warm-up B. •RECOVERY run 35 min. •Fitness cool down. •Stretch. •Weight circuit x 2.	21 VARSITY: 3:20PM •Performance Warm up. •Run 20 min. 7-8 x 500m @ 10k w/ 100m walk back recovery btwn each. •Run 10 min. •Post season cool down. •Stretch.	22 INSTRUMENTAL CONCERT VARSITY: 3:20PM •RECOVERY run 30 min. •Stretch.	23 VARSITY: 9:00AM CARPOOL TO PLEASANTON •Performance Warm up. •Run EASY 20+ min. RACE: NCS Finals @ Amador Valley HS •Run EASY 20 min. •Performance cool down. •Stretch.
May 24 ON YOUR OWN: LSD run 70 min. •Stretch.	25 VARSITY: 3:20PM •Weight circuit x 2. Pool workout •Stretch.	26 VARSITY: 3:20PM •Performance Warm up. •Run 20 min. 2 x 4 x 200m @ 600m w/ equal distance recovery btwn segments & 6 min. run between sets. •Run 10 min. •Post season cool down. •Stretch.	27 VARSITY: ON YOUR OWN •RECOVERY run 20 min. VARSITY: 3:20PM •Performance Warm up. •Run 20 min. 6-7 x 500m @ 10k w/ 100m walk back recovery btwn each. •Run 10 min. •Post season cool down. •Stretch.	28 VARSITY: 3:20PM •Fitness warm-up B. •RECOVERY run 30 min. •Fitness cool down. •Stretch.	29 VARSITY: 12:00PM CARPOOL TO BERKELEY •Performance Warm up. •Run 20+ min. RACE: MOC Trials @ UC Berkeley Edwards Stdm •Run 20 min. •Performance cool down. •Stretch.	30 VARSITY: 12:00PM CARPOOL TO BERKELEY •Performance Warm up. •Run 20+ min. RACE: MOC Finals @ UC Berkeley Edwards Stdm •Run 20 min. •Performance cool down. •Stretch.
May 31 ON YOUR OWN: LSD run 70 min. •Stretch.	June 1 VARSITY: 9:00AM Pool workout •Stretch.	2 VARSITY: 3:20PM •Performance Warm up. •Run 20 min. 100-110-120-130-140-150-160-170-180-190-200m start first rep @ 1600m and increase pace each rep so that final rep is @ 400m, w/ equal distance run back btwn each. •Run 15 min. •Post season cool down. •Stretch. ALL TEAM: 5:30PM Awards Night @ CHS Multi-use room.	3 VARSITY: ON YOUR OWN •RECOVERY run 20 min. VARSITY: 3:20PM •Performance Warm up. •Run 20 min. 5-6 x 500m @ 10k w/ 100m walk back recovery btwn each. •Run 10 min. •Post season cool down. •Stretch.	4 VARSITY: 3:20PM •Fitness warm-up B. •RECOVERY run 30 min. •Fitness cool down. •Stretch.	5 VARSITY: 3:00PM •Performance Warm up. •Run 20+ min. RACE: CIF Trials @ Buchanan HS •Run 20 min. •Performance cool down. •Stretch.	6 SAT TEST DATE VARSITY: 4:00PM •Performance Warm up. •Run 20+ min. RACE: CIF Finals @ Buchanan HS •Run 20 min. •Performance cool down. •Stretch.

Campolindo High School • COUGAR TRACK & FIELD • 2015 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!