

# COUGAR TRACK & FIELD

## 2016 SPRING SEASON SPEED SCHEDULE

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

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

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

BEFORE 3:20PM:  
1 x 10 forward hurdles on fence  
1 x 10 backward hurdles on fence  
2 x 10 over/under hurdles

AT 3:20PM:  
• 800m BAREFOOT run (2 x track lap)

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

• 600m BAREFOOT run (2 x turf lap)

2 x 20m forward skips w/ arm swing  
w/ acceleration  
2 x 20m lateral shuffle w/ arm swing  
w/ acceleration  
2 x 20m lateral crossovers  
w/ acceleration  
2 x 20m forward "h" skips  
w/ acceleration  
2 x 10m forward straight leg scissor  
w/ acceleration

2 x fwd lead-leg skip over hurdle  
2 x fwd trail-leg skip over hurdle  
2 x lateral knee lift skip over hurdle

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

IMMEDIATELY FOLLOWING WORKOUT:  
• 600m run on turf (2 x turf lap)

2 x 10m hop-steps  
2 x 10 x Forward Double leg  
jumps(Bench)  
2 x 10m Fwd/Bkwd Lunge w/ Twist  
10 x Push Ups

• 300m run on turf (1 x turf lap)

2 x 10m forward bounds  
2 x 10m Lateral Squat Walk  
10 x Triceps Dips on bench  
10 x Single-leg Lateral step-ups(Bench)

• 600m BAREFOOT run on turf (3 x turf lap)

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

Stretch circuit

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

BEFORE 3:20PM:  
2 x 10 lateral hurdle walking knee lift  
2 x 10 lateral hurdle walking straight leg  
2 x 10m frwd lunge walk

AT 3:20PM:  
• 800m BAREFOOT run (2 x track lap)

##### 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 frwd jog x 1  
-wide step frwd jog x 1  
-crossover lateral jog x 2

4 x 60m BAREFOOT accelerations on turf @ 70, 75, 80, 85%

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

IMMEDIATELY FOLLOWING WORKOUT:  
• 900m BAREFOOT run on turf (3 x turf lap)

-10 x bowler squats  
-3 x Stadium forward step up  
-20 x Mountain Climber

• 300m BAREFOOT run on turf (1 x turf lap)

2 x 20m BAREFOOT circuit on turf:  
-toes up/out, toes up/in, heels up/out, heels up/in

-4 min plank matrix

Stretch circuit

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

BEFORE 3:20PM:  
2 x 10 lateral hurdle walking knee lift  
2 x 10 lateral hrdl walking straight leg  
2 x 10m frwd lunge walk

AT 3:20PM:  
• 800m BAREFOOT run (2 x track lap)

##### 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:

-bkwd skip x 2  
-360 skip x 2  
-lateral shuffle x 2  
-lateral skip x 2

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

IMMEDIATELY FOLLOWING WORKOUT:  
• 900m BAREFOOT run on turf (3 x turf lap)

Ladder drills (2-4)

2 x 20m BAREFOOT circuit on turf:  
-ground grabbers  
-heel to toe calf raise walk

• 300m BAREFOOT run on turf (three turf laps)

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

Stretch circuit

#### 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"

#### 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

#### 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 (invert-ed/neutral/out)
4. 10 x Lateral adductor leg raises (invert-ed/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

## 2016 SPRING SEASON SPEED SCHEDULE

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

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

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

BEFORE 3:20PM:  
1 x 10 forward hurdle walkovers  
1 x 10 backward hurdle walkovers  
2 x 10 over/under hurdles

AT 3:20PM:  
• 800m BAREFOOT run (2 x track lap)

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

• 600m BAREFOOT run (2 x turf lap)

2 x 20m forward skips w/ arm swing w/ acceleration  
2 x 20m lateral shuffle w/ arm swing w/ acceleration  
2 x 20m lateral crossovers w/ acceleration  
2 x 20m forward B skips w/ acceleration  
2 x 20m forward straight leg scissor w/ acceleration

2 x fwd lead-leg skip over hurdles  
2 x fwd trail-leg skip over hurdles  
2 x lateral straight-leg skip over hurdles

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

IMMEDIATELY FOLLOWING WORKOUT:  
• 600m run on turf (2 x turf lap)

2 x 20m hop-steps  
2 x 10 x 'Chaplin' hops under hurdles  
2 x 10m Fwd lunge/forearm dip  
10 x Spider Push Ups

• 300m run on turf (1 x turf lap)

2 x 20m forward bounds  
10 x Burpee  
15-20 x Triceps Dips on bench  
10 x Lateral Step Ups

• 300m BAREFOOT run on turf (1x turf lap)

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

Stretch circuit

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

BEFORE 3:20PM:  
2 x 10 lateral hurdle walkover  
2 x 10 bkwr hurdle walkover  
2 x Lunge Matrix

AT 3:20PM:  
• 800m BAREFOOT run (2 x track lap)

**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 bkwr 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

4 x BAREFOOT lateral in place quick steps, 60m accelerations @ 70, 75, 80, 85% max.

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

IMMEDIATELY FOLLOWING WORKOUT:  
• 900m BAREFOOT run on turf (3 x turf lap)

-2 x 10 speed skater squats  
-10 x partner Pèle matrix  
-3 x Stadium forward step up  
-10 x Mountain Climber matrix

• 300m BAREFOOT run on turf (1 x turf lap)

2 x 20m BAREFOOT circuit on turf:  
-toes up/out, toes up/in, heels up/out, heels up/in

-4 min plank matrix

Stretch circuit

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

BEFORE 3:20PM:  
2 x 10 lateral hurdle walkover  
2 x 10 bkwr hurdle walkover  
2 x Lunge Matrix

AT 3:20PM:  
• 800m BAREFOOT run (2 x track lap)

**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:

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

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

IMMEDIATELY FOLLOWING WORKOUT:  
• 900m BAREFOOT run on turf (3 x turf lap)

Ladder drills (2-4)

2 x 20m BAREFOOT circuit on turf:  
-ground grabbers  
-heel to toe calf raise walk

• 300m BAREFOOT run on turf (3 x turf lap)

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

Stretch circuit

#### 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"

#### 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. Prone 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 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
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

**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
4. 10 x Lateral **adductor** leg raises
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

## 2016 SPRING SEASON SPEED SCHEDULE

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

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

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

BEFORE 3:20PM:

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

AT 3:20PM:

- 800m **BAREFOOT** run (2 x track lap)

- 10 x side-to-side leg swings
- 10 x front-to-back leg swings

- 600m **BAREFOOT** run (2 x turf lap)

- 2 x 20m forward skips w/ arm swing w/ acceleration
- 2 x 20m lateral shuffle w/ arm swing w/ acceleration
- 2 x 20m lateral crossovers w/ acceleration
- 2 x 20m forward rotary run w/ acceleration
- 2 x 20m forward, third step quick step w/ acceleration

- 2 x fwd lead-leg skip over hurdle
- 2 x fwd trail-leg skip over hurdle
- 2 x lateral skip over full hurdle

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

IMMEDIATELY FOLLOWING WORKOUT:

- 600m run on turf (2 x turf lap)

- 10 x Pop Up
- 10 x Forward Standing Double leg jumps
- 10 x inverted Push Ups

- 300m run on turf (1 x turf lap)

- 2 x 30m forward bounds
- 20 x Triceps Dips w/ leg lift
- 2 x 10 split lunge hops

- 600m **BAREFOOT** run on turf (3 x turf lap)

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

Stretch circuit

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

BEFORE 3:20PM:

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

AT 3:20PM:

- 800m **BAREFOOT** run (2 x track lap)

#### 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

- 4 x **BAREFOOT** lateral in place dbl leg hops, 60m progressive accelerations @ 70, 75, 80, 85% max.

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

IMMEDIATELY FOLLOWING WORKOUT:

- 900m **BAREFOOT** run on turf (3 x turf lap)

- 10 x partner full-body lift/lower
- 2 x 10m lateral prowler crawl
- 10 x burpees

- 300m **BAREFOOT** run on turf (1 x turf lap)

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

Stretch circuit

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

BEFORE 3:20PM:

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

AT 3:20PM:

- 800m **BAREFOOT** run (2 x track lap)

#### 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

IMMEDIATELY FOLLOWING WORKOUT:

- 900m **BAREFOOT** run on turf (3 x turf lap)

Ladder drills (2-4)

#### 2 x 20m barefoot circuit in sand pit:

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

- 300m **BAREFOOT** run on turf (3 x turf lap)

- 6 minute Abs, Back circuit (60 seconds per activity)

Stretch circuit

#### 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"

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

60-90 seconds per activity. 30m Run between 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

#### 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

Feb 7 Active rest. •Stretch.	8 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. 1-3 x 250m @ 400m pace w/ walk 550m in 5 min. recovery after each. 2-3 x 200m @ 1600m pace w/ standing 30 sec. rest after each. 4 x 40m @ 95% max effort, w/ walk back to start in 30 sec. after each. •Speed Cool Down	9 <b>ALL TEAM: 3:20PM</b> <i>TECHNIQUE: Introduce Hurdle Drills.</i> •Tempo Warm Up •Run 800m ins/outs. 1-5 x 200m @ 600m pace w/ standing 3 min. rest after each. •Run EASY 5 min. 3-5 x 150m HILL REPETITIONS @ 80% max effort, w/ jog back to start after each. •Run EASY 5 min. •Tempo Cool Down •Weight circuit x 2.	10 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. 1-2 x 600m @ 800m pace w/ walk 800m in 12 min. recovery after each. 3 x 250m @ 1600m pace w/ walk across in 1 min. recovery after each. 2 x 300m @ 800m pace w/ walk 400m in 5 min. recovery after each. •Speed Cool Down <i>TECHNIQUE: Open Hand-offs for rookies.</i>	11 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. 1-2-18 x 100m @ 1600m pace every 60 sec. on turf. •Run EASY 5 min. •Ladder Drills •Fitness Cool Down <i>TECHNIQUE: Block Starts for rookies.</i> •Weight circuit x 2	12 <b>ALL TEAM: 9:00AM</b> NO SCHOOL <i>TECHNIQUE: Introduce Pace chart.</i> •Speed Warm Up •Run 800m ins/outs min. 1 x 300m @ 400m pace w/ walk 1000m in 12 min. recovery after each. 2-3 x 200m @ 400m pace w/ walk 600m in 5 min. recovery after each. •Speed Cool Down <i>TECHNIQUE: Block Starts.</i>	13 <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up •Run EASY 5 min. 1-2 x (3-4 x 150m @ 800m pace) w/ walk 50m in 90 sec recovery after segments, walk 800m in 8 min. recovery btwn sets. •Tempo Cool Down <i>TECHNIQUE: Open Hand-offs, High Jump</i> •Weight circuit x 2
Feb 14 Active rest. •Stretch.	15 <b>ALL TEAM: 3:20PM</b> NO SCHOOL •Speed Warm Up •Run 800m ins/outs. 2-3 x 250m @ 400m pace w/ walk 550m in 5 min. recovery after each. 2 x 200m @ 1600m pace w/ standing 30 sec. rest after each. 4 x 40m @ 95% max effort, w/ walk back to start in 30 sec. after each. •Speed Cool Down	16 <b>ALL TEAM: 3:20PM</b> <i>TECHNIQUE: Open Hand-offs.</i> •Tempo Warm Up •Run 800m ins/outs. 8-16 x 200m @ 800m pace w/ standing double time recovery after each – run as continuous relay in teams of 3 w/ open hand-off practice. •Tempo Cool Down <i>TECHNIQUE: High Jump</i> •Weight circuit x 2	17 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs min. 1-2 x 500m @ 800m pace w/ walk 700m in 12 min. recovery after each. 2 x 200m @ 800m pace w/ standing 30 sec. rest after each. 4 x 40m INCLINE @ 95% max effort, w/ walk back to start in 30 sec. after each. •Speed Cool Down	18 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. 6-8 x 400m @ 3200m pace w/ standing equal time rest btwn segments – run as relay in equal ability pairs w/ open hand-off practice. •Run EASY 5 min. •Ladder Drills •Fitness Cool Down <i>TECHNIQUE: Blind Hand-offs for rookies.</i> •Weight circuit x 2	19 <b>ALL TEAM: 3:20PM</b> <i>TECHNIQUE: Horizontal Jumps for rookies.</i> •Speed Warm Up •Run 800m ins/outs min. 1 x 300m @ 400m pace w/ walk 1000m in 12 min. recovery after each. 2-3 x 200m @ 400m pace w/ walk 600m in 5 min. recovery after each. •Speed Cool Down <i>TECHNIQUE: Block Starts.</i>	20 <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up •Run EASY 5 min. 1-2 x (3 x 200m @ 800m pace) w/ jog equal distance in 2 min. recovery after segments, walk 800m in 8 min. recovery btwn sets. •Tempo Cool Down <i>TECHNIQUE: Blind Hand-off technique, High Jump</i> •Weight circuit x 2
Feb 21 Active rest. •Stretch.	22 <b>ALL TEAM: 3:20PM</b> <i>TECHNIQUE: Horizontal Jumps for rookies.</i> •Speed Warm Up •Run 800m ins/outs. 2-5 x 300m @ 400m pace w/ walk 500m in 5 min. recovery after each. 2 x 200m @ 800m pace w/ standing 30 sec. rest after each. 4 x 40m @ 95% max effort, w/ walk back in 30 sec. to start after each. •Speed Cool Down	23 <b>TEAM PARENT MEETING</b> <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up •Run 800m ins/outs. 6-8 x 200m @ 900m pace w/ standing 3 min. rest after each. •Run EASY 5 min. 4-6 x 150m HILL REPETITIONS @ 80% max effort, w/ jog back to start after each. •Run EASY 5 min. •Tempo Cool Down •Weight circuit x 2 <b>ALL PARENT: 5:30PM @CHS</b>	24 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. 2 x 600m @ 800m pace w/ walk 800m in 12 min. recovery after each. 3 x 250m @ 1600m pace w/ walk across in 1 min. recovery after each. 2 x 300m @ 800m pace w/ walk 400m in 5 min. recovery after each. •Speed Cool Down	25 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. 2 x 7-9 x 150m @ 1600 pace w/ walking 50m recovery after each, walking 400m in 4 min. recovery btwn sets. •Run EASY 10 min. •Ladder Drills •Fitness Cool Down •Weight circuit x 2.	26 <b>ALL TEAM: 3:20PM</b> •Speed Warm up. <b>RACE: 300m, 1200m, LJ, SP Event Testing @ Campolindo HS</b> •Speed cool down. •Stretch.	27 <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up •Run EASY 5 min. 1-2 x (3-4 x 150m @ 800m pace) w/ walk 50m in 90 sec recovery after segments, walk 800m in 8 min. recovery btwn sets. •Tempo Cool Down •Weight circuit x 2
Feb 28 Active rest. •Stretch.	29 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. 1-3 x 300m @ 400m pace w/ walk 500m in 5 min. recovery after each. 2 x 200m @ 800m pace w/ standing 30 sec. rest after each. 4 x 40m @ 95% max effort, w/ walk back in 30 sec. to start after each. •Speed Cool Down	March 1 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up •Run 800m ins/outs. 1-2-18 x 200m @ 800m pace w/ standing double time recovery after each – run as continuous relay in teams of 3 w/ open hand-off practice. •Tempo Cool Down •Weight circuit x 2	2 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs min. 2 x 500m @ 800m pace w/ walk 700m in 12 min. recovery after each. 2 x 200m @ 800m pace w/ standing 30 sec. rest after each. 4 x 40m INCLINE @ 95% max effort, w/ walk back to start in 30 sec. after each. •Speed Cool Down	3 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. 5-7 x 500m @ 3200m pace w/ standing equal time rest btwn segments. •Run EASY 10 min. •Ladder Drills •Fitness Cool Down •Weight circuit x 2	4 <b>ALL TEAM: 3:20PM</b> Speed Warm up. <b>RACE: Red vs. Blue Intra-squad meet @ Campolindo HS</b> Run EASY 5 min. Speed cool down. •Stretch.	5 <b>SAT TEST DATE</b> <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up •Run EASY 5 min. 1-2 x (3 x 200m @ 800m pace) w/ jog equal distance in 2 min. recovery after segments, walk 800m in 8 min. recovery btwn sets. •Tempo Cool Down •Weight circuit x 2
March 6 Active rest. •Stretch.	7 <b>ALL TEAM: 3:20PM</b> NO SCHOOL •Speed Warm Up •Run 800m ins/outs. 2 x 350m, 2 x 300m @ 600m pace w/ walk 450/400m in 5 min. recovery after each. 4-6 x 100m HILL SPRINTS @ 95% effort w/ walk back recovery after each. 2 x 200m @ 800m pace w/ standing 30 sec. recovery after each. •Speed Cool Down	8 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. 4-6 x 200m @ 600m pace w/ walk 200m in 8 min. after each. 2 x (100m 200m 300m) @ 1600m pace w/ walk across field recovery btwn segments/sets. •Run EASY 10 min. •Ladder Drills •Fitness Cool Down •Weight circuit x 2	9 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs min. 1 x 450m, 1 x 400m @ 90% effort (sub 800m pace) w/ walk 1200m in 15 min. recovery after each. 4 x 40m INCLINE @ 95% max effort, w/ walk back to start in 30 sec. after each. 2 x 200m @ 800m pace w/ standing 30 sec. rest after each. •Speed Cool Down	10 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up •Run EASY 5 min. 1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set. 1 x (3 x 150m @ 800m pace) w/ walk 50m in 60 sec recovery after segments. •Tempo Cool Down •Weight circuit x 3	11 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. 2 x 7-9 x 150m @ 1600 pace w/ walking 50m recovery after each, walking 400m in 4 min. recovery btwn sets. •Run EASY 10 min. •Ladder Drills •Fitness Cool Down	12 <b>ALL TEAM: 9:00AM</b> NO BUS. Athletes must get themselves to San Rafael HS at time indicated on meet lineup. •Speed Warm up. <b>RACE: San Rafael Twilight Relays @ San Rafael HS</b> •Speed cool down. •Stretch.

March 13 Active rest. •Stretch.	14 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. •2 x 350m @ 800m pace w/ walk 450/400m in 5 min. recovery after each •5 x 100m HILL SPRINTS @ 95% effort w/ walk back recovery after each •2 x 200m @ 800m pace w/ standing 30 sec. recovery after each •Speed Cool Down	15 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run 800m ins/outs. •3 x 200m @ 800m pace w/ walk 200m in 5 min. after each •3 x (100m 200m 300m) @ 1600m pace w/ walk across field recovery btwn segments/sets •Run EASY 5 min. •Ladder Drills •Fitness Cool Down •Weight circuit x 2	16 <b>ALL TEAM: 3:05PM</b> HELP SET UP FOR MEET! •Speed Warm Up <b>RACE: DFAL Meet vs. Alhambra, Las Lomas, Miramonte @ CHS</b> •Speed cool down. •Stretch.	17 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up •Run EASY 5 min. •1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set •1 x (3 x 150m @ 800m pace) w/ walk 50m in 60 sec recovery after segments. •Tempo Cool Down •Weight circuit x 3	18 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •4-6 x 600m @ 3200m pace w/ standing equal time recovery btwn segments – run as continuous relay in teams of 3 w/ open handoff practice •Run EASY 5 min. •Ladder Drills •Fitness Cool Down	19 <b>ALL TEAM: TBA</b> NO BUS. Athletes must get themselves to Dublin HS at times indicated on meet lineup. •Performance Warm up. <b>RACE: Dublin Distance Fiesta @ Dublin HS</b> •Performance cool down. •Stretch.
March 20 Active rest. •Stretch.	21 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. •3 x 350m, 1 x 300m @ 600m pace w/ walk 450/400m in 5 min. recovery after each •5 x 100m HILL SPRINTS @ 95% effort w/ walk back recovery after each •2 x 200m @ 800m pace w/ standing 30 sec. recovery after each •Speed Cool Down –or– •1 x 250m @ 95% effort w/ 12 min. recovery after segment •1 x 200m @ 95% effort w/ 12 min. recovery after segments •2 x (3 x 50m) @ 95% effort w/ walk back recovery btwn segments, 3 min. recovery btwn sets •Speed Cool Down	22 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run 800m ins/outs. •4-6 x 200m @ 600m pace w/ walk 200m in 8 min. after each •8-12 x 100m @ 1600m pace w/ walk back 50m between segments •Run EASY 5 min. •Ladder Drills •Fitness Cool Down •Weight circuit x 2	23 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs min. •1 x 450m, 1 x 400m @ 90% effort (sub 600m pace) w/ walk 1200m in 15 min. recovery after each •1 x 40m INCLINE @ 95% max effort, w/ walk back to start in 30 sec. after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each –or– •2-3 x 150m @ 95% effort w/ 10, 12, 12 min recovery after segments •1 x 40m INCLINE @ 95% max effort, w/ walk back to start in 30 sec. after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Speed Cool Down	24 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up •Run EASY 5 min. •1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set •1 x (4 x 150m @ 800m pace) w/ walk 50m in 60 sec recovery after segments. •Tempo Cool Down •Weight circuit x 3	25 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •2 x 8-10 x 150m @ 1600 pace w/ walking 30m recovery after each, walking 400m in 4 min. recovery btwn sets •Run EASY 5 min. •Ladder Drills •Fitness Cool Down	26 <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up •Run 800m ins/outs min. •3 x (3 x 180m) @ 600m pace w/ 3 min. recovery btwn segments, 8 min. recovery btwn sets •Tempo Cool Down •Weight circuit x 3.
March 27 Active rest. •Stretch.	28 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. •3 x 350m, 1 x 300m @ 600m pace w/ walk 450/400m in 5 min. recovery after each •5 x 100m HILL SPRINTS @ 95% effort w/ walk back recovery after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each –or– •3 x Horizontal Jump Comp. Sim •5 x 50m @ 95% effort w/ walk back to start in 3 min. recovery btwn segments. •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Speed Cool Down	29 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run 800m ins/outs. •3 x 200m @ 600m pace w/ walk 200m in 8 min. after each •3 x (100m 200m 300m) @ 1600m pace w/ walk across field recovery btwn segments/sets •Run EASY 5 min. •Ladder Drills •Fitness Cool Down •Weight circuit x 2	30 <b>ALL TEAM: 1:45PM</b> Athletes excused from class at 1:40PM. Bus leaves CHS at 1:45PM. •Speed Warm up. <b>RACE: DFAL Meet vs. Acalanes, Miramonte @ AHS</b> •Speed cool down. •Stretch.	31 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up •Run EASY 5 min. •1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set •1 x (4 x 150m @ 800m pace) w/ walk 50m in 60 sec recovery after segments. •Tempo Cool Down •Weight circuit x 3	April 1 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •4-6 x 600m @ 3200m pace w/ standing equal time recovery btwn segments – run as continuous relay in teams of 3 w/ open handoff practice •Run EASY 5 min. •Ladder Drills •Fitness Cool Down –or– <b>SELECT ATHLETES: TBA</b> Carpool leaves CHS at TBA. •Speed Warm up. <b>RACE: Stanford Invite @ Stanford</b> •Speed cool down. •Stretch.	2 <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up •Run 800m ins/outs min. •3 x (3 x 180m) @ 600m pace w/ 3 min. recovery btwn segments, 8 min. recovery btwn sets •Tempo Cool Down •Weight circuit x 3.
April 3 Active rest. •Stretch.	4 <b>ALL TEAM: 9:00AM</b> NO SCHOOL •Speed Warm Up •Run 800m ins/outs. •4 x 350m @ 800m pace w/ walk 450m in 5 min. recovery after each •5 x 100m HILL SPRINTS @ 95% effort w/ walk back recovery after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each –or– •1 x 250m @ 95% effort w/ 12 min. recovery •1 x 200m @ 95% effort w/ 12 min. recovery btwn segments •2 x (3 x 50m) @ 95% effort w/ walk back recovery btwn segments, 3 min. recovery btwn sets •Speed Cool Down	5 <b>ALL TEAM: 9:00AM</b> NO SCHOOL •Fitness Warm Up •Run 800m ins/outs. •4-6 x 200m @ 600m pace w/ walk 200m in 8 min. after each •8-12 x 100m @ 1600m pace w/ walk back 50m between segments •Run EASY 5 min. •Ladder Drills •Fitness Cool Down •Weight circuit x 2	6 <b>ALL TEAM: 9:00AM</b> NO SCHOOL •Speed Warm Up •Run 800m ins/outs min. •2 x 450m @ 90% effort (sub 600m pace) w/ walk 1200m in 15 min. recovery after each •1 x 40m INCLINE @ 95% max effort, w/ walk back to start in 30 sec. after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each –or– •3 x 150m @ 95% effort w/ 10, 12, 12 min. recovery after segments •1 x 40m INCLINE @ 95% max effort, w/ walk back to start in 30 sec. after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Speed Cool Down	7 <b>ALL TEAM: 9:00AM</b> NO SCHOOL •Tempo Warm Up •Run EASY 5 min. •1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set •1 x (4 x 150m @ 800m pace) w/ walk back in 2 min. recovery after segments •Tempo Cool Down •Weight circuit x 3	8 <b>ALL TEAM: 9:00AM</b> NO SCHOOL •Fitness Warm Up •Run EASY 5 min. •2 x 8-10 x 150m @ 1600 pace w/ walking 30m recovery after each, walking 400m in 4 min. recovery btwn sets •Run EASY 5 min. •Ladder Drills •Fitness Cool Down	9 <b>ALL TEAM: 9:00AM</b> ACT TEST DATE <b>SELECT ATHLETES: TBA</b> Carpool leaves CHS at TBA. •Speed Warm up. <b>RACE: Santa Rosa Twilight Invite @ Santa Rosa JC</b> •Speed cool down. •Stretch.
April 10 Active rest. •Stretch.	11 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. •4 x 350m @ 800m pace w/ walk 450m in 5 min. recovery after each •5 x 100m HILL SPRINTS @ 95% effort w/ walk back recovery after each •2 x 200m @ 800m pace w/ standing 30 sec. rest after each –or– •3 x Horizontal Jump Comp. Sim •5 x 50m @ 95% effort w/ walk back to start in 3 min. recovery btwn segments. •2 x 200m @ 800m pace w/ standing 30 sec. rest after each •Speed Cool Down	12 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run 800m ins/outs. •3 x 200m @ 600m pace w/ walk 200m in 8 min. after each •3 x (100m 200m 300m) @ 1600m pace w/ walk across field recovery btwn segments/sets •Run EASY 5 min. •Ladder Drills •Fitness Cool Down •Weight circuit x 2	13 <b>ALL TEAM: 1:45PM</b> Athletes excused from class at 1:40PM. Bus leaves CHS at 1:45PM. •Speed Warm up. <b>RACE: DFAL Meet vs. Dougherty Valley, Miramonte @ DVHS</b> •Speed cool down. •Stretch.	14 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up •Run EASY 5 min. •1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set •1 x (3 x 150m ACCELERATIONS) w/ walk back in 2 min. recovery after segments •Tempo Cool Down •Weight circuit x 3	15 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •4-6 x 600m @ 3200m pace w/ standing equal time recovery btwn segments – run as continuous relay in teams of 3 w/ open handoff practice •Run EASY 5 min. •Ladder Drills •Fitness Cool Down	16 <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up •Run 800m ins/outs min. •4-6 x 600m @ 3200m pace w/ 3 min. recovery btwn segments, 8 min. recovery btwn sets •Tempo Cool Down •Weight circuit x 3.



April 17 Active rest. •Stretch.	18 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. •1 x 40m @ 95% effort w/ walk 30 sec. recovery btwn segments •1 x 450m @ 95% effort w/ walk 15 min. recovery after segment •3 x 200m @ 800m pace w/ standing 30 sec. rest after each. –or– •2 x (3 x 40m) @ 95% effort w/ walk back recovery btwn segments. 3 min. recovery btwn sets. •2 x 200m @ 800m pace w/ standing 30 sec. rest after each. •Speed Cool Down	19 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run 800m ins/outs. •2 x 320m @ 600m pace w/ walk 480m in 5 min. after each. •8 x 100m @ 1600m pace w/ walk back 60m btwn segments. •Fitness Cool Down •Weight circuit x 2.	20 <b>ALL TEAM: 1:45PM</b> Athletes excused from class at 1:40PM. Bus leaves CHS at 1:45PM. •Speed Warm up. <b>RACE: DFAL Meet vs. Dublin, Miramonte @ DHS</b> •Speed cool down. •Stretch.	21 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up •Run EASY 5 min. •1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set. •1 x (3 x 150m ACCELERATIONS) w/ walk back in 2 min. recovery after segments. •Tempo Cool Down •Weight circuit x 3	22 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •4 x (100m/200m) @ 1600m pace w/ walk across field recovery btwn segments/sets. •Ladder Drills •Fitness Cool Down	23 <b>JUNIOR PROM</b> <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up •Run 800m ins/outs min. •3 x (3 x 200m) @ 600m pace w/ 3 min. recovery btwn segments. 8 min. recovery btwn sets. •Tempo Cool Down •Weight circuit x 3. –or– <b>SELECT ATHLETES: TBA</b> Carpool leaves CHS at TBA. •Speed Warm up. <b>RACE: Halden Invite @ Davis HS</b> •Speed cool down. •Stretch.
April 24 Active rest. •Stretch.	25 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs min. •1 x 300m @ 400m pace w/ 15 min. recovery after segment •3 x 200m @ 800m pace w/ standing 30 sec. rest after each. •4 x 100m HILL SPRINTS @ 95% effort w/ walk back recovery after each. –or– •1 x 80m @ 90, 95, 95, 100% effort w/ 5 min. recovery after segments. •2 x 200m @ 800m pace w/ standing 30 sec. rest after each. •Speed Cool Down	26 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run 800m ins/outs. •3 x 320m @ 600m pace w/ walk 480m in 5 min. after each. •2 x 200m @ 800m pace w/ standing 30 sec. rest after each. •Fitness Cool Down •Weight circuit x 2.	27 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up •Run 800m ins/outs. •3 x (4 x 60m @ 100% effort, 40m @ 60% effort, 50m walk, 50m jog). Continuous around track. 60m/40m on straight. 50m/50m on turn. 3 min. walk recovery btwn sets. •Tempo Cool Down •Weight circuit x 3	28 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •6 x 400m @ 3200m pace w/ standing equal time rest btwn segments – run as relay in equal ability pairs w/ open hand off practice. •Ladder Drills •Fitness Cool Down	29 <b>ALL TEAM: TBA</b> Athletes excused from class at TBA. Bus leaves CHS at TBA. •Performance Warm up. •Run 20+ min. <b>RACE: Bob Warren Relays @ Acalanes HS</b> •Run 20-30 min. •Performance cool down. •Stretch.	30 <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up •Run EASY 5 min. •1 x (3 x 200m @ 800m pace) w/ standing 30 sec. rest after segments, walk 400m in 4 min. recovery after set. •1 x (3 x 150m ACCELERATIONS) w/ walk back in 2 min. recovery after segments. •Tempo Cool Down •Weight circuit x 3.
May 1 Active rest. •Stretch.	2 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. •1 x 40m @ 95% effort w/ walk 30 sec. recovery btwn segments •1 x 450m @ 95% effort w/ walk 15 min. recovery after segment •3 x 200m @ 800m pace w/ standing 30 sec. rest after each. –or– •2 x (3 x 40m) @ 95% effort w/ walk back recovery btwn segments. 3 min. recovery btwn sets. •2 x 200m @ 800m pace w/ standing 30 sec. rest after each. •Speed Cool Down	3 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run 800m ins/outs. •2 x 320m @ 600m pace w/ walk 480m in 5 min. after each. •8 x 100m @ 1600m pace w/ walk back 60m btwn segments. •Fitness Cool Down •Weight circuit x 2.	4 <b>ALL TEAM: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs min. •1 x 300m @ 400m pace w/ 15 min. recovery after segment •3 x 200m @ 800m pace w/ standing 30 sec. rest after each. •4 x 100m HILL SPRINTS @ 95% effort w/ walk back recovery after each. –or– •1 x 80m @ 90, 95, 95, 100% effort w/ 5 min. recovery after segments. •2 x 200m @ 800m pace w/ standing 30 sec. rest after each. •Speed Cool Down	5 <b>ALL TEAM: 3:20PM</b> •Tempo Warm Up •Run 800m ins/outs. •3 x (4 x 60m @ 100% effort, 40m @ 60% effort, 50m walk, 50m jog). Continuous around track. 60m/40m on straight. 50m/50m on turn. 3 min. walk recovery btwn sets. •Tempo Cool Down •Weight circuit x 3	6 <b>ALL TEAM: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •4 x (100m/200m) @ 1600m pace w/ walk across field recovery btwn segments/sets. •Ladder Drills •Fitness Cool Down	7 <b>SAT TEST DATE</b> <b>ALL TEAM: 9:00AM</b> •Tempo Warm Up •Run 800m ins/outs min. •2-3 x (3 x 200m) @ 600m pace w/ 3 min. recovery btwn segments. 8 min. recovery btwn sets. •Tempo Cool Down •Weight circuit x 3.
May 8 Active rest. •Stretch.	9 <b>ALL TEAM: 3:20PM</b> Frosh Soph: •Speed Warm Up •Run 800m ins/outs. •Event work. Relay handoffs, jump run throughs, etc. •Speed Cool Down  <b>VARSIITY:</b> •Fitness Warm Up •Run EASY 5 min. •7 x 100m @ 1600m pace w/ walk back 50m btwn segments. •Ladder Drills •Fitness Cool Down	10 <b>VARSIITY: 3:05PM</b> Help set up for meet! •Speed Warm up. <b>RACE: DFAL VAR Trials @ CHS</b> •Speed cool down. •Stretch.  <b>FROSH SOPH: 3:05PM</b> Active Rest: Work at meet!	11 <b>ALL TEAM: 3:20PM</b> Varsity: •Fitness Warm Up •Run EASY 5 min. •5 x 400m @ 3200m pace w/ standing equal time rest btwn segments – run as relay in equal ability pairs w/ open hand off practice. •Ladder Drills •Fitness Cool Down  Frosh Soph: •Fitness Warm Up •7 x 100m @ 1600m pace w/ walk back 50m btwn segments. •Ladder Drills •Fitness Cool Down	12 <b>FROSH SOPH: 3:05PM</b> Help set up for meet! •Speed Warm up. •Speed cool down. •Stretch.  <b>VARSIITY: ON YOUR OWN</b> •Fitness Warm Up •Run EASY 5 min. •7 x 100m @ 1600m pace w/ walk back 50m btwn segments. •Fitness Cool Down  Work at meet!	13 <b>VARSIITY: 3:05PM</b> Help set up for meet! •Speed Warm up. <b>RACE: DFAL Frosh Soph Finals @ CHS</b> •Speed cool down. •Stretch.  <b>FROSH SOPH: 3:05PM</b> Active Rest: Work at meet!	14 <b>VARSIITY: 9:00AM</b> <b>POOL WORKOUT</b>
May 15 Active rest. •Stretch.	16 <b>VARSIITY: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs min. •1 x 300m @ 400m pace w/ 15 min. recovery after segment •3 x 200m @ 800m pace w/ standing 30 sec. rest after each. –or– •3 x 80m @ 90, 95, 100% effort w/ 5 min. recovery after segments. •2 x 200m @ 800m pace w/ standing 30 sec. rest after each. –or– •Event work. Relay handoffs, jump run throughs, etc. •2 x 200m @ 800m pace w/ standing 30 sec. rest after each. •Speed Cool Down	17 <b>VARSIITY: 3:20PM</b> •Fitness Warm Up Active Rest Activity •Fitness Cool Down	18 <b>VARSIITY: 3:20PM</b> •Tempo Warm Up •Run 800m ins/outs. •2-3 x (4 x 60m @ 100% effort, 40m @ 60% effort, 50m walk, 50m jog). Continuous around track. 60m/40m on straight. 50m/50m on turn. 3 min. walk recovery btwn sets. •Tempo Cool Down •Weight circuit x 3	19 <b>VARSIITY: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •4 x (100m/200m) @ 1600m pace w/ walk across field recovery btwn segments/sets. •Ladder Drills •Fitness Cool Down	20 <b>VARSIITY: 3:20PM</b> •Fitness Warm Up Discuss meet •Fitness Cool Down	21 <b>SENIOR BALL</b> <b>VARSIITY: 8:00AM</b> CARPOOL TO PLEASANTON •Speed Warm up. <b>RACE: NCS Finals @ Foothill HS</b> •Speed cool down. •Stretch.

May 22 Active rest. •Stretch.	23 <b>VARSITY: 3:20PM</b> <b>NO SCHOOL</b> •Speed Warm Up •Run 800m ins/outs. •Event work: Relay handoffs, jump run throughs, etc. •Speed Cool Down	24 <b>VARSITY: 3:20PM</b> •Fitness Warm Up Active Rest Activity •Fitness Cool Down	25 <b>VARSITY: 3:20PM</b> •Fitness Warm Up •Run EASY 5 min. •7 x 100m @ 1600m pace w/ walk back 80m between segments •Fitness Cool Down	26 <b>VARSITY: 3:20PM</b> •Fitness Warm Up Discuss meet •Fitness Cool Down	27 <b>VARSITY: 12:00PM</b> CARPOOL TO BERKELEY •Speed Warm up. <b>RACE: MOC Trials @ UC Berkeley</b> Edwards Stadium •Speed cool down. •Stretch.	28 <b>VARSITY: 12:00PM</b> CARPOOL TO BERKELEY •Speed Warm up. <b>RACE: MOC Finals @ UC Berkeley</b> Edwards Stadium •Speed cool down. •Stretch.
May 29 Active rest. •Stretch.	30 <b>VARSITY: 3:20PM</b> •Speed Warm Up •Run 800m ins/outs. •Event work: Relay handoffs, jump run throughs, etc. •Speed Cool Down	31 <b>VARSITY: 3:20PM</b> •Fitness Warm Up Active Rest Activity •Fitness Cool Down	June 1 <b>VARSITY: 3:20PM</b> <b>AWARDS NIGHT</b> •Fitness Warm Up •Run EASY 5 min. •7 x 100m @ 1600m pace w/ walk back 80m between segments •Fitness Cool Down  <b>ALL TEAM: 5:30PM</b> Awards Night @ CHS Multi-use room.	2 <b>VARSITY: 3:20PM</b> •Fitness Warm Up Discuss meet •Fitness Cool Down	3 <b>VARSITY: 3:00PM</b> •Speed Warm up. <b>RACE: CIF Trials @ Buchanan HS</b> •Speed cool down. •Stretch.	4 <b>VARSITY: 4:00PM</b> <b>SAT TEST DATE</b> •Speed Warm up. <b>RACE: CIF Finals @ Buchanan HS</b> •Speed cool down. •Stretch.

#### NOTE WORKOUT EXPLANATIONS BELOW:

**Extensive tempo** Improves aerobic and anaerobic capacity. Improves VO2 max. Improves overall work capacity and fitness. Helps speed recovery after high intensity bouts and races. It's endurance work for sprinters broken down into small segments. Pace is about equal to mile race pace assuming the athlete trained for the mile. Example: A 60 second 400m sprinter should be equivalent to a 5:20 miler. This equates to an 80 second 400 and a 20 second 100. Overall volume for workout begins at 1000m and can progress through season to a max of 3800m for prepared veterans. Also used as an easy day/recovery day before meets.

**Intensive tempo** Improves lactate capacity. Think of it as a tempo run for sprinters, but instead of increasing the pace at which one can run at lactate threshold, this workout improves the distance you can run before lactate will shut you down. The resulting benefit is delaying the point at which you hit the wall in a 400. Most athletes should feel as though they are on the verge of muscle shutdown near the end of the last rep. If they actually do cramp up then they have run too fast. It's like filling up a cup with lactic acid but stopping before it spills over. After each rep the level goes down and then you raise it up again. The trick is to not spill over. Over time the cup gets bigger. Early season pace is probably slightly faster than date pace 800. Pace progresses over the season to date pace (or 1 second slower) of the last 200 of a 400. Example a 60 second 400m sprinter will run 31 to 32 seconds for last 200.

**Max Velocity** Focus on utilizing Creatine Phosphate system. This is a maximum power output workout. Alactic-no lactic acid accumulation. If rest is too short then Creatine Phosphate does not resynthesize and the body then uses glycolysis and lactic acid slowly develops. Focus is on mechanics and relaxed running. The fly start is to get the athlete up to speed. Do not worry about acceleration mechanics. It is all about execution at full velocity. Short ground contact time. Get leg moving forward as soon as possible. Maintain pelvic stability. 20-40m zone.

**Short Speed Endurance** Similar to Max Velocity but the rest is cut in half. The resulting stress elicits an adaptation in the Creatine Phosphate system that increases its capacity. You get more free energy. Due to reliance on glycolysis (the creatine phosphate system cannot keep up), after 3-4 sets lactic acid should be flooding the system.

**Speed Endurance** Stresses anaerobic power and capacity. Improves ability to derive energy from glycolysis. This workout is a key building block for 100m to 400m. Rest is necessary to allow the small lactate levels to return to resting levels. Run as fast as possible as far as possible without a break down in mechanics. 80m progressing to 120-150m

**Special Endurance I** Continuation of speed endurance. This gets its own name because the length of run diminishes the early influence of the Creatine Phosphate system and places great reliance on glycolysis. The longer distance results in more lactic acid accumulation. Therefore greater rest times are needed. Again, the key is to run as fast as possible for as long as possible without falling apart. 150m progressing to 250-300m.

**Special Endurance II** Lactate tolerance workout. The rep is long enough that the athlete deals with large amounts of lactic acid near the end of the run. Run just far enough to have the athlete deal with the lactic acid. No running "ugly". Focus on shortening stride and increasing turnover at onset of excess lactic acid accumulation.