

COUGAR CROSS COUNTRY

2009 FALL SEASON DAILY SCHEDULE

MONDAY through FRIDAY cross country team practice attendance is mandatory.

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

• 10min. EASY run

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

• 600m EASY run (full grass lap)

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

• 600m EASY run (full grass lap)

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

• 1600m MEDIUM run

4 x 30m ladder accelerate, 10m sprint,
30m decelerate

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

• 1600m MEDIUM run

10 x Forward Trail Leg over hrdl
10 x Push Ups
2 x 10m Fwd/Bkd Lunge with Twist
10 x Double Leg Jump Ups on bench

• 600m EASY run (full grass lap)

10 x Backward Trail Leg over hrdl
10 x Triceps Dips on bench
2 x 10m Lateral Lunge
10 x Lateral Step Up/Knee Drive

• 600m EASY run (full grass lap)

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

• 600m BAREFOOT EASY run on grass (full grass lap)

Stretch circuit

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

• 1200m EASY run (2 full grass laps)

A: CIRCUIT

11 x 40-60m jog / strength circuit:

- eagles, on chest, heel to hand
- eagles, on back, toe to hand
- side leg raises, toe twists
- opposite arm/leg raises, on chest
- abductor resistance half squat circles
(push knees out)
- scoops
- hands & knees scorpions
- hurdle position leg lifts
- low reach crunch
- hands & knees hydrants
- adductor resistance half squat circles
(push knees in)

Jog Variation Between Each:

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

B: CIRCUIT

9 x 40-60m jog / strength circuit:

- hip/trunk rotations, on back, shldrs flat
- hands & knees donkey whip
- pistons, "h" position to full extension
- side clams
- hands & knees bird dogs
- side crunches
- chest lifts
- thrusters
- standing "h"

Jog Variation Between Each:

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

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

barefoot drill circuit on grass:

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

4 minute plank drill: continuous rota-
tion: front-plank/side-plank/back-plank

Stretch circuit

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

• 10min. EASY run

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

• 600m EASY run (full grass lap)

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

• 600m EASY run (full grass lap)

2 x 15m forward "h" skips
2 x 15m forward rotary run

• 1600m MEDIUM run

2 x 15m forward quick skip-
-30m acceleration
2 x 15m forward/lateral quick skip-
-30m acceleration

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

• 1600m MEDIUM run

2 x 10 hrdl walkovers 30"
10 x Push Ups SPIDER
2 x 10m Fwd lunge/forearm dip
2 x 10m dbl leg lateral hop-squats

• 600m EASY run (full grass lap)

Mountain Climber Matrix:
-20 x single IN
-20 x single OUT
-10 x torso twist

2 x 10 hrdl over-unders
10 x Triceps Dips w/ leg lift
2 x 10m sngl leg lateral hops

• 600m EASY run (full grass lap)

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

• 600m BAREFOOT EASY run on grass (full grass lap)

Stretch circuit

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

• 1200m EASY run (2 full grass laps)

A: CIRCUIT

11 x 40-60m jog / strength circuit:

- eagles, on chest, heel to hand
- eagles, on back, toe to hand
- arm stand, side leg hold, toe twists
- arm/leg scissors, on chest
- wave squats
- suitcases, on tail bone
- forearm stand bent leg raises
- sitting bicycle
- elbow stand bent leg raises
- oscillating heel reach
- speed skater squats

Jog Variation Between Each:

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

B: CIRCUIT

9 x 40-60m jog / strength circuit:

- hip/trunk rotations, on back, shldrs flat
- hands & knees straight leg circles
- straight leg lifts/scissors, on back
- hands & knees fwd/bkwd knee circles
- push up position, bird dogs
- russian twists
- legs up arm crawl, on chest
- v-ups
- standing "h" strike drill

Jog Variation Between Each:

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

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

barefoot drill circuit on grass:

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

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

Stretch circuit

COUGAR CROSS COUNTRY

2009 FALL SEASON DAILY SCHEDULE

MONDAY through FRIDAY cross country team practice attendance is mandatory.

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

• 10min. EASY run

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

• 600m EASY run (full grass lap)

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

• 600m EASY run (full grass lap)

2 x 20m forward "B" skips-
-30m accelerate
2 x 20m forward rotary run-
-30m accelerate

• 1600m MEDIUM run

2 x 15m forward quick skip
-30m accelerate
2 x 15m forward/lateral quick skip
-30m accelerate

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

• 1600m MEDIUM run

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

• 600m EASY run (full grass lap)

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

• 600m EASY run (full grass lap)

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

• 600m BAREFOOT EASY run on grass (full grass lap)

Stretch circuit

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

• 1200m EASY run (2 full grass laps)

A: CIRCUIT

9 x 40-60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-arm stand, side leg raises, toe twists
-arm/leg scissors, on chest
-sngl leg stand supermans (3 direction)
-v-ups
-forearm stand bent leg raises
-elbow stand bent leg raises
-oblique crunches

Jog Variation Between Each:

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

B: CIRCUIT

9 x 40-60m jog / strength circuit:

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

Jog Variation Between Each:

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

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

barefoot drill circuit on grass:

-heel to toe calf raise walk
-ankle circles
-straight leg swings

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

Stretch circuit

PLYOBALL CIRCUIT (wks 1-5) PHASE 1

2 circuits / 12 reps / explosive movement:

-circle side toss
-squat basket toss
-twist pass
-overhead sit up toss
-overhead toss to push up (on knees)
-2 ball push up
-caterpillar roll out/back
-russian twist
-overhead front slams
-squat press

PLYOBALL CIRCUIT (wks 6-10) PHASE 2

2 circuits / 12 reps / explosive movement:

-wood chops (standing diagonal twist)
-circle squat center bounce
-lateral side throws
-overhead sit up stand up
-overhead toss to push up (on knees)
-push up 1 ball switch
-caterpillar bounce out/back
-russian twist
-overhead side to side slams
-squat-jump-press

PLYOBALL CIRCUIT (wks 11-15) PHASE 3

2 circuits / 12 reps / explosive movement:

-wood chops (standing diagonal twist)
-overhead center squat slams
-lateral side throws
-overhead sit up stand up JUMPS
-overhead toss to push up (on knees)
-2 ball depth pushups
-caterpillar bounce out/back
-squat torso twists
-overhead side to side slams
-split lunge-jump-torso twist

WEIGHT CIRCUIT MD & LD ROUTINE

2-3 circuits:

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

STRETCH CIRCUIT MD & LD ROUTINE

-Triceps (elbow behind head)
-Shoulder (pull arm in front)
-Oblique/IT band (standing leg crossover, side reach over head)
-Hamstring (standing crossover reach)
-Quad (standing, pull ankle behind glute)
-Upper calf (standing, straight leg)
-Lower calf (standing, bent leg)
-Groin/quad (forward lunge, ankle to glute)
-Groin/hamstring (lateral lunge)
-Quad (hip thrust, knee down)
-IT band (lunge/shin to ground)
-IT band/Glute (ankle on knee, sag hips)
-Hamstring (sit modified hurdle)
-Groin (butterfly sit)
-Hips/back (corkscrew sit)
-Glute/hip (corkscrew sit/ knee to chest)

2009 FALL SEASON SCHEDULE

Activities Subject to Change. Practice is NEVER Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AUGUST 16</p>	<p>17 NO SCHOOL ALL TEAM: @CHS 3:30-6pm •Fitness Warm up •EASY 20-35min. •Fitness Cool down •Stretch</p>	<p>18 NO SCHOOL ALL TEAM: @CHS 3:30-6pm •EASY 15min to track. •Performance Warm up •3-4 x 1200m TEMPO LOOPS @95% VO2max (10k pace) w/ 60sec rec btwn each on track. •Performance Cool down •Stretch VETERANS: @CHS 6-6:30pm •Weight Circuit</p>	<p>19 NO SCHOOL VARSITY: 7-8am •FITNESS CIRCUIT TRAINING. ALL TEAM: @CHS 3:30-6pm •Fitness Warm up •EASY 20-35min OUT & BACK on Cow Crap Trail. •Play SHARKS & MINNOWS. •Fitness Cool down •Stretch</p>	<p>20 NO SCHOOL VETERANS: @CHS 8am-3:30pm •Cougar Day Recruiting! ALL TEAM: @CHS 3:30-6pm •Fitness Warm up •LSD to Staging Area 30. 60min. •4 x 100m STRIDES on grass. •Fitness Cool down •Stretch VETERANS: @CHS 6-6:30pm •Weight Circuit</p>	<p>21 NO SCHOOL VARSITY: 7-8am •FITNESS CIRCUIT TRAINING. ALL TEAM: @CHS 3:30-6pm •Fitness Warm up •EASY 20min OUT & BACK on Moraga Road. •Play WATER RELAY OBSTICAL COURSE. •Fitness Cool down •Stretch</p>	<p>22 VETERANS: @CHS 8am-10am •Pool Workout •Weight Circuit</p>
<p>AUGUST 23 WEEK 2 PHASE 1 ALL TEAM ON YOUR OWN: LSD 30-70min •Core •Stretch</p>	<p>24 NO SCHOOL VARSITY: 7-8am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 150bpm 30min. ALL TEAM: @CHS 3-6pm •EASY 10min. •Performance Warm up •6-12 x 200m REPETITIONS on grass @100% VO2max (3200m pace) w/ equal distance rec jog btwn each •EASY 10min. •Performance Cool down •Stretch</p>	<p>25 NO SCHOOL ALL TEAM: @CHS 3-6pm •EASY 20-35min OUT & BACK on Cow Crap Trail. •Play ULTIMATE THINGY. •Fitness Cool down •Stretch VETERANS: @CHS 6-6:30pm •Weight Circuit</p>	<p>26 VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 150bpm 30min. ALL TEAM: @CHS 3:30-6pm •EASY 10min. •Performance Warm up •2-3 x 3,2,1min FARTLEK on grass @97% VO2max (5k pace) •Performance Cool down •Stretch</p>	<p>27 ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •LSD HILLS 30-65min on Secret Rim or Rim Trail •2-4 x 200m @100% VO2max (3200m pace). •Fitness Cool down •Stretch VETERANS: @CHS 5:45-6:15pm •Weight Circuit</p>	<p>28 VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 150bpm 30min. ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •EASY 20-40min NATIVE AMERICAN RUN. •4 x 100m STRIDES on grass. •Fitness Cool down •Stretch</p>	<p>29 ALL TEAM: @Hidden Valley Park 8-11am Course Work- Bring Hoes, Shovels, Rakes, Weed-whackers, & GLOVES</p>
<p>AUGUST 30 WEEK 3 PHASE 1 ALL TEAM ON YOUR OWN: LSD 35-75min •Core •Stretch</p>	<p>31 VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 150bpm 30min. ALL TEAM: @CHS 3:30-5:45pm •EASY 10min. •Performance Warm up •3-5 x PYRAMID HILL REPETITIONS @100% effort w/ complete rec jog btwn each •EASY 10min. •Performance Cool Down •Stretch</p>	<p>SEPTEMBER 1 TEAM PARENT MEETING ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •EASY 25-35min OUT & BACK on Cow Crap Trail. •Play SHARKS & MINNOWS. •Fitness Cool down •Stretch VETERANS: @CHS 5:45-6:15pm •Weight Circuit PARENTS: @CHS Library 5:30pm •Parent Meeting</p>	<p>2 VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 150bpm 30min. ALL TEAM: @CHS 3:30-5:45pm •EASY 15min to track. •Performance Warm up •3-4 x 1600m TEMPO LOOPS @95% VO2max (10k pace) w/ 90sec rec btwn each on track. •Performance Cool down •Stretch</p>	<p>3 ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •LSD Cow Crap to St Mary's Trail 40-65min •2-4 x 200m @100% VO2max (3200m pace). •Fitness Cool down •Stretch VETERANS: @CHS 5:45-6:15pm •Weight Circuit</p>	<p>4 VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 150bpm 25min. ALL TEAM: @HVP 2-6pm Little Ed Scrimmage •Performance Warm up •2mi RACE •Performance Cool down + EASY 15min. <i>Bus leaves from CHS at 2pm! All athletes must ride bus.</i></p>	<p>5 VETERANS: @CHS 8am-10am •Pool Workout •Weight Circuit</p>
<p>SEPT 6 WEEK 4 PHASE 1 ALL TEAM ON YOUR OWN: LSD 40-90min •Core •Stretch</p>	<p>7 NO SCHOOL VARSITY: 7-8am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 30min. ALL TEAM: @CHS 3:30-5:45pm •EASY 10min. •Performance Warm up •8-14 x 200m REPETITIONS on grass @100% VO2max (3200m pace) w/ equal distance rec jog btwn each •EASY 10min. •Performance Cool down •Stretch</p>	<p>8 ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •EASY 25-35min OUT & BACK on Cow Crap Trail. •Play WATER RELAY OBSTICAL COURSE. •Fitness Cool down •Stretch VETERANS: @CHS 5:45-6:15pm •Weight Circuit</p>	<p>9 VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 30min. ALL TEAM: @CHS 3:30-6pm •EASY 10min. •Performance Warm up •2-3 x 5,3,1min FARTLEK on grass @97% VO2max (5k pace) •Performance Cool down •Stretch</p>	<p>10 ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •LSD HILLS 40-70min on Rim Trail •2-4 x 200m @100% VO2max (3200m pace). •Fitness Cool down •Stretch VETERANS: @CHS 5:45-6:15pm •Weight Circuit</p>	<p>11 VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 25min. ALL TEAM: @CHS 3:30-5:15pm •Fitness Warm up •EASY 30-45min RO-SHAM- BO RUN. •4 x 100m STRIDES on grass. •Fitness Cool down ALL TEAM: @Hidden Valley Park 5:45-8pm •Help set up for Ed Sias Invite!</p>	<p>12 ACT TEST ALL TEAM: @Hidden Valley Park 7am-2pm Ed Sias Invite •Performance Warm Up •2mi RACE •Performance Cool Down + EASY 15min. •Stretch •Help clean up! <i>NO Bus. Be at HVP by 7:30am!</i></p>
<p>SEPT 13 WEEK 5 PHASE 1 ALL TEAM ON YOUR OWN: LSD 45-90min •Core •Stretch</p>	<p>14 VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 30min. ALL TEAM: @CHS 3:30-5:45pm •EASY 10min. •Performance Warm up •4-6 x PYRAMID HILL REPETITIONS @100% effort w/ full jog rec btwn each •EASY 10min. •Performance Cool down •Stretch</p>	<p>15 BACK TO SCHOOL NIGHT ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •EASY 30-40min OUT & BACK on Cow Crap Trail. •Play ULTIMATE THINGY. •Fitness Cool down •Stretch VETERANS: @CHS 5:45-6:15pm •Weight Circuit</p>	<p>16 VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 30min. ALL TEAM: @CHS 3:30-5:45pm •EASY 15min to track. •Performance Warm up •3-4 x 2000m TEMPO LOOPS @95% VO2max (10k pace) w/ 2min rec btwn each on track. •Performance Cool down •Stretch</p>	<p>17 ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •LSD Cow Crap to St Mary's Trail 40-70min •2-4 x 200m @100% VO2max (3200m pace). •Fitness Cool down •Stretch VETERANS: @CHS 5:45-6:15pm •Weight Circuit</p>	<p>18 VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 25min. ALL TEAM: @CHS 3:30-5:30pm •Fitness Warm up •EASY 30-45min NATIVE AMERICAN RUN. •4 x 100m STRIDES on grass. •Fitness Cool down •Stretch</p>	<p>19 ALL TEAM: @Newhall Park 7am-1pm Nike Invite •Performance Warm Up •2mi/3mi RACE •Performance Cool Down + EASY 20min. •Stretch <i>Bus leaves CHS at 7am! All athletes must ride bus.</i></p>

2009 FALL SEASON SCHEDULE

Activities Subject to Change. Practice is NEVER Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SEPT 20</p> <p>WEEK 1</p> <p>PHASE 2</p> <p>ALL TEAM ON YOUR OWN: •EASY 20min</p>	<p>21</p> <p>ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •PHOTO SCAVENGER HUNT RUN •Stretch</p>	<p>22</p> <p>ALL TEAM: @CHS 3:30-5:45pm •EASY 15min to Commons •Performance Drills •Continuous TEMPO 20min @85% VO2max (threshold pace) •Return Run •Performance Cool down •Stretch</p>	<p>23</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING.</p> <p>ALL TEAM: @CHS 3:30-5:30pm •Fitness Warm up •EASY 20-30min OUT & BACK on Cow Crap Trail. •Fitness Cool down •Stretch</p>	<p>24</p> <p>ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm Up •LSD to Staging Area 30: 60min •4 x 100m STRIDES on grass •Fitness Cool down •Stretch</p>	<p>25</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING.</p> <p>ALL TEAM: @CHS 3:30-5:30pm •Fitness Warm up •EASY 20-30min RO-SHAM-BO RUN. •Fitness Cool down •Stretch</p>	<p>26</p> <p>TOP 7 BOYS, TOP 7 GIRLS: @Stanford University 9am-6pm Stanford Invite</p> <p>•Performance Warm up •5k RACE •Performance Cool-down + EASY 15min. •Stretch</p> <p>Car-pool leaves CHS at 7am!</p>
<p>SEPT 27</p> <p>WEEK 2</p> <p>PHASE 2</p> <p>ALL TEAM ON YOUR OWN: •LSD 40-75min •Core •Stretch</p>	<p>28</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 150bpm 25min.</p> <p>ALL TEAM: @CHS 3:30-5:45pm •EASY 10min to track. •Performance Warm up •3-4 x 2000m TEMPO LOOPS @95% VO2max (10k pace) w/ 90sec recovery btwn each. •EASY 10min. •4 x 100m STRIDES on grass •Performance Cool down •Stretch</p>	<p>29</p> <p>ALL TEAM: @CHS 3:30-5:30pm •Fitness Warm up •EASY 20-30min OUT & BACK on Cow Crap Trail. •Fitness Cool down •Stretch</p> <p>VETERANS: @CHS 5:30-6pm •Weight Circuit</p>	<p>30</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT. •STEADY STATE 20min OR STATIONARY BIKE 150bpm 30min.</p> <p>ALL TEAM: @TBA 1:45pm-6:30pm (excused at 1:45pm) •DFAL Tri-Meet vs. Acalanes, Dougherty Valley, Dublin</p> <p>•Performance Warm up •2mi/3mi RACE •Performance Cool down + EASY 15min. •Stretch</p> <p>Bus leaves CHS at 2pm!</p>	<p>OCTOBER 1</p> <p>ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •LSD Cow Crap to St Mary's Trail 40-65min •4 x 200m @ 100% VO2max (3200m pace). •Fitness Cool down •Stretch</p> <p>VETERANS: @CHS 5:45-6:15pm •Weight Circuit</p>	<p>2</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 30min.</p> <p>ALL TEAM: @CHS 3:30-5:30pm •Fitness Warm up •EASY 20-30min NATIVE AMERICAN RUN. •4 x 100m STRIDES on grass. •Fitness Cool down •Stretch</p>	<p>3</p> <p>ALL TEAM: @Hidden Valley Park 9am-2pm 2nd Annual Orienteering Championships</p> <p>•Performance Warm up •3mi-5mi RACE •Performance Cool-down •Stretch</p> <p>Team BBQ!</p>
<p>OCT 4</p> <p>WEEK 3</p> <p>PHASE 2</p> <p>ALL TEAM ON YOUR OWN: •LSD 45-75min •Core •Stretch</p>	<p>5</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 25min.</p> <p>ALL TEAM: @CHS 3:30-5:45pm •EASY 15min to Commons •Performance Drills •Continuous TEMPO @85% VO2max (threshold pace) 20-25min •Return Run •4 x 100m STRIDES on grass •Performance Cool down •Stretch</p>	<p>6</p> <p>ALL TEAM: @CHS 3:30-5:30pm •Fitness Warm up •EASY 25-35min OUT & BACK on Cow Crap Trail. •Fitness Cool down •Stretch</p> <p>VETERANS: @CHS 5:30-6pm •Weight Circuit</p>	<p>7</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 25min.</p> <p>ALL TEAM: @CHS 3:30-6pm •EASY to Lafayette Community Park •Performance Drills •4-5 x HILL + 400m @ 100% effort w/ full jog rec btwn each •Return Run •Performance Cool down •Stretch</p>	<p>8</p> <p>ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •LSD to Staging Area 45: 65min •4 x 200m @ 100% VO2max (3200m pace). •Fitness Cool down •Stretch</p> <p>VETERANS: @CHS 5:45-6:15pm •Weight Circuit</p>	<p>9</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 30min.</p> <p>ALL TEAM: @CHS 3:30-5:30pm •Fitness Warm up •EASY 25-35min RO-SHAM-BO RUN. •4 x 100m STRIDES on grass. •Fitness Cool down •Stretch</p>	<p>10</p> <p>SAT TEST VETERANS: @CHS 8-9am •Pool Workout •Weight circuit</p>
<p>OCT 11</p> <p>WEEK 4</p> <p>PHASE 2</p> <p>ALL TEAM ON YOUR OWN: •LSD 50-80min •Core •Stretch</p>	<p>12</p> <p>NO SCHOOL VARSITY: 7-8am •FITNESS CIRCUIT. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 30min.</p> <p>ALL TEAM: @CHS 3:30-6pm •EASY 10min to track. •Performance Warm up •3-4 x 2000m TEMPO LOOPS @95% VO2max (10k pace) w/ 90sec recovery btwn each. •EASY 10min. •4 x 100m STRIDES on grass •Performance Cool down •Stretch</p>	<p>13</p> <p>ALL TEAM: @CHS 3:30pm-5:30pm •Fitness Warm up •EASY 30-40min OUT & BACK on Cow Crap Trail. •Fitness Cool down •Stretch</p> <p>VETERANS: @CHS 5:30-6pm •Weight Circuit</p>	<p>14</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT. •STEADY STATE 20min OR STATIONARY BIKE 30min.</p> <p>ALL TEAM: @MHS 1:45-7pm (excused at 1:45pm) •DFAL Dual-Meet vs. Dougherty Valley, Miramonte</p> <p>•Performance Warm up •2mi/3mi RACE •Performance Cool down + EASY 20min. •Stretch</p> <p>Bus leaves CHS at 2pm!</p>	<p>15</p> <p>ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •LSD Cow Crap to St Mary's Trail 50-70min •4 x 200m @ 100% VO2max (3200m pace). •Fitness Cool down •Stretch</p> <p>VETERANS: @CHS 5:45-6:15pm •Weight Circuit</p>	<p>16</p> <p>ALL TEAM: @Woodward Park 7:30am-8:00pm Roughrider Invitational</p> <p>•Performance Warm up •2mi/5k RACE •Performance Cool down + EASY 20min. •Stretch</p> <p>Bus leaves CHS at 7:30am! All athletes must ride bus.</p>	<p>17</p> <p>PSAT TEST VETERANS: @CHS 1-2pm •Pool Workout •Weight circuit</p>
<p>OCT 18</p> <p>WEEK 5</p> <p>PHASE 2</p> <p>ALL TEAM ON YOUR OWN: •LSD 55-80min •Core •Stretch</p>	<p>19</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 25min.</p> <p>ALL TEAM: @CHS 3:30-5:45pm •EASY 15min to Commons •Performance Drills •Continuous TEMPO @85% VO2max (threshold pace) 25-30min •Return Run •4 x 100m STRIDES on grass •Performance Cool down •Stretch</p>	<p>20</p> <p>ALL TEAM: @CHS 3:30-5:30pm •Fitness Warm up •EASY 30-40min OUT & BACK on Cow Crap Trail. •Fitness Cool down •Stretch</p> <p>VETERANS: @CHS 5:30-6pm •Weight Circuit</p>	<p>21</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 25min.</p> <p>ALL TEAM: @CHS 3:30-6pm •Performance Drills •4-6 x HILL + 400m @ 100% effort w/ full jog rec btwn each •Return Run •Performance Cool Down •Stretch</p>	<p>22</p> <p>ALL TEAM: @CHS 3:30-5:45pm •Fitness Warm up •LSD to Staging Area 55: 70min. •4 x 200m @ 100% VO2max (3200m pace). •Stretch</p> <p>VETERANS: @CHS 5:45-6:15pm •Weight Circuit</p>	<p>23</p> <p>VARSITY: 6:30-7:30am •FITNESS CIRCUIT TRAINING. •STEADY STATE 20min OR STATIONARY BIKE 160bpm 25min.</p> <p>ALL TEAM: @CHS 3:30-5:30pm •Fitness Warm up •EASY 30-40min NATIVE AMERICAN RUN. •4 x 100m STRIDES on grass. •Fitness Cool down •Stretch</p>	<p>24</p> <p>ACT TEST ALL TEAM: @CHS 9am-2pm 2nd Annual 1 Mile / 2 Mile Track Time Trial</p> <p>•Performance Warm up •1mi/2mi RACE •Performance Cool-down •Stretch</p>

2009 FALL SEASON SCHEDULE

Activities Subject to Change. Practice is NEVER Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OCT 25</p> <p>WEEK 1</p> <p>PHASE 3</p> <p><u>ALL TEAM ON YOUR OWN:</u> •EASY 20min</p>	<p>26</p> <p><u>ALL TEAM:</u> @CHS 3:30-5:45pm •Fitness Warm up •PHOTO SCAVENGER HUNT RUN •Stretch</p>	<p>27</p> <p><u>ALL TEAM:</u> @CHS 3:30-5:30pm •Fitness Warm up •EASY 20min OUT & BACK on Cow Crap Trail. •Fitness Cool down •Stretch</p>	<p>28</p> <p><u>ALL TEAM:</u> @Shell Ridge Open Space 1:45pm-6pm (excused at 1:45pm) •DFAL Tri-Meet vs. Alhambra, Dougherty Valley, Las Lomas •Performance Warm up •2mi/3mi RACE •Performance Cool down + EASY 15min. •Stretch <i>Bus leaves CHS at 2pm!</i></p>	<p>29</p> <p><u>ALL TEAM:</u> @CHS 3:30-5:45pm •Fitness Warm up •LSD 40-60 min •Fitness Cool down •Stretch</p>	<p>30</p> <p><u>ALL TEAM:</u> @CHS 3:30-5:45pm •EASY 15min to Commons •Performance Drills •40min MYSTERY FARTLEK RUN •Performance Cool down •Stretch <u>ALL TEAM:</u> @CHS 7-9:30pm •Team Film Viewing in CPAC.</p>	<p>31</p> <p><u>VETERANS:</u> @CHS 8-9am •Pool Workout</p>
<p>NOV 1</p> <p>WEEK 2</p> <p>PHASE 3</p> <p><u>ALL TEAM ON YOUR OWN:</u> LSD 45-60min 4 x 100m STRIDES on grass •Core •Stretch</p>	<p>NOVEMBER 2</p> <p><u>ALL TEAM:</u> @CHS 3:30-5:45pm •EASY 10min. •Performance Warm up. •5 x 1000m INTERVALS @ 97% VO2 (5k pace) w/ equal time recovery btwn each. •EASY 10min. •Performance Cool down</p>	<p>3</p> <p><u>ALL TEAM:</u> @CHS 3:30-5:30pm •Fitness Warm up •EASY 20-30min OUT & BACK on Cow Crap Trail. •Fitness Cool down •Stretch</p>	<p>4</p> <p><u>ALL TEAM:</u> @CHS 3:30-5:30pm •Fitness Warm up •LSD 40-60min •Fitness Cool down •Stretch</p>	<p>5</p> <p><u>ALL TEAM:</u> @CHS 3:30-5:30pm •EASY 10min •Warm up Drills •6 x 500m TEMPO LOOPS •EASY 10min •Stretch</p>	<p>6</p> <p><u>ALL TEAM:</u> @CHS 3:30-5:15pm •Warm up Drills •EASY 20-30min •Fitness Cool down •Stretch</p>	<p>7</p> <p>SAT TEST <u>ALL TEAM:</u> @Hidden Valley Park 1-5pm DFAL Championships •Performance Warm up •2mi/3mi RACE •Performance Cool down •Stretch <i>Bus leaves CHS at 10:30am! All athletes must ride bus.</i></p>
<p>NOV 8</p> <p>WEEK 3</p> <p>PHASE 3</p> <p><u>ALL TEAM ON YOUR OWN:</u> •EASY 30min •Core •Stretch</p>	<p>9</p> <p><u>Varsity:</u> @CHS 3:30pm-5:15pm •Fitness Warm up •LSD 60min 4 x 100m STRIDES on grass •Fitness Cool down •Stretch</p>	<p>10</p> <p><u>Varsity:</u> @CHS 3:30pm-5:15pm •Warm up Drills •EASY 30min •Stretch</p>	<p>11</p> <p>NO SCHOOL <u>Varsity:</u> @Hayward High School 7am-2pm •Drive to HHS. •EASY 15min •Performance Drills •Continuous TEMPO @85% VO2max (threshold pace) 20-25min •EASY 10min •STRIDES from box start •Stretch</p>	<p>12</p> <p><u>Varsity:</u> @CHS 3:30-5:45pm •Warm up Drills •EASY 35min •Stretch</p>	<p>13</p> <p><u>Varsity:</u> @CHS 3:30-5:45pm •Fitness Warm up •LSD 60min •Fitness Cool down •Stretch</p>	<p>14</p> <p><u>Varsity:</u> @CHS 3:30-5:45pm •EASY 15min to Commons •Performance Drills •60min MYSTERY FARTLEK RUN •Performance Cool down •Stretch</p>
<p>NOV 15</p> <p>WEEK 4</p> <p>PHASE 3</p> <p><u>NO RUN. REST DAY.</u></p>	<p>16</p> <p><u>Varsity:</u> @CHS 3:30pm-5:15pm •Warm up Drills •EASY 30min •Stretch</p>	<p>17</p> <p><u>Varsity:</u> @CHS 3:30-5:45pm •EASY 10min. •Performance Warm up. •5 x 1000m INTERVALS @ 97% VO2 (5k pace) w/ equal time recovery btwn each. •EASY 10min. •Performance Cool down</p>	<p>18</p> <p><u>Varsity:</u> @CHS 3:30pm-5:15pm •Fitness Warm up •LSD 60min •Fitness Cool down •Stretch</p>	<p>19</p> <p><u>Varsity:</u> @CHS 3:30-5:15pm •EASY 10min •Warm up drills •6 x 500m TEMPO LOOPS •EASY 10min. •Stretch</p>	<p>20</p> <p><u>Varsity:</u> @CHS 3:30-5pm •Warm up Drills •EASY 25min •Fitness Cool down •Stretch</p>	<p>21</p> <p><u>Varsity:</u> @Hayward High School 8am-1pm NCS Championships •Performance Warm up •3mi RACE •Performance Cool down •Stretch Return to CHS by 2pm!</p>
<p>NOV 22</p> <p>WEEK 5</p> <p>PHASE 3</p> <p><u>Varsity ON YOUR OWN:</u> •EASY 20-40min</p>	<p>23</p> <p>NO SCHOOL <u>Varsity:</u> @CHS TBA •Fitness Warm up •EASY 20min •Fitness Cool down •Stretch</p>	<p>24</p> <p>NO SCHOOL <u>Varsity:</u> @CHS TBA •Performance Warm up •1 x 1600m, 2 x 800m @97% VO2max (5k pace) w/ complete rec btwn each •Performance Cool down •Stretch</p>	<p>25</p> <p>NO SCHOOL <u>Varsity:</u> @CHS TBA •Warm up drills •EASY 20min •Fitness Cool down •Stretch</p>	<p>26</p> <p>NO SCHOOL <u>Varsity:</u> @CHS TBA •Warm up Drills •EASY 10min •6 x 500m TEMPO LOOPS •EASY 10min •Stretch</p>	<p>27</p> <p>NO SCHOOL <u>Varsity:</u> @Woodward Park Leave CHS 9am •Drive to Woodward Park, Fresno •EASY on course •STRIDES from box start •Stretch</p>	<p>28</p> <p><u>Varsity:</u> @Woodward Park, Fresno 9am-2pm State Championships •Performance Warm up •5k RACE •Performance Cool down •Stretch Return to CHS by 7pm!</p>