

COUGAR CROSS COUNTRY

• 2009 Summer Training Calendar •

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>JUNE 15 <u>Rim Trail / Lafayette Reservoir HILL Run</u> Meet at CHS lower field 6:30pm</p> <ul style="list-style-type: none"> • 30-55 min sustained HILLY run. 	<p>16 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 20 min EASY pace run. • ULTIMATE FRISBEE! 	<p>17 <u>St. Mary's Trail FARTLEK</u> Meet at Olympic Blvd / Reliez Station Rd parking lot 6:30pm.</p> <ul style="list-style-type: none"> • 10 min warm up jog. • 2-4 x 800m @ TEMPO pace w/ 400m jog btwn each. • 5-10 min cool down jog. 	<p>18 <u>Lafayette Community Park Run</u> Meet at LCP 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-35 min. EASY pace run. 	<p>19 <u>Redwood Park LONG Run</u> Meet at CHS 9am for car pool to Redwood!</p> <ul style="list-style-type: none"> • 30-55 min. sustained pace run. 	<p>20 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-25 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.
<p>JUNE 22 <u>Kings Trail Run</u> Meet at CHS lower parking lot 6:30pm for car pool to St. Monica's Church!</p> <ul style="list-style-type: none"> • 35-55 min sustained run. 	<p>23 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-25 min EASY pace run. • ULTIMATE FRISBEE! 	<p>24 <u>Campo Track Workout!</u> Meet at CHS track 6:30pm.</p> <ul style="list-style-type: none"> • 10 min warm up jog. • 2-4 x 1000m @ 5k pace w/ 3 min recovery btwn each. • 4 x 200m @ 3200m pace. • 10 min cool down jog. 	<p>25 <u>Hidden Valley Park DFAL Course Run</u> Meet at HVP, Martinez 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 25-40 min. EASY pace run. 	<p>26 <u>Tilden Park LONG Run</u> Meet at CHS 9am for car pool to Inspiration Point!</p> <ul style="list-style-type: none"> • 35-60 min. sustained pace run. 	<p>27 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-30 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.
<p>JUNE 29 <u>Rim Trail / Lafayette Reservoir HILL Run</u> Meet at CHS lower field 6:30pm</p> <ul style="list-style-type: none"> • 35-60 min sustained HILLY run. 	<p>30 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-30 min EASY pace run. • ULTIMATE FRISBEE! 	<p>JULY 1 <u>St. Mary's Trail FARTLEK</u> Meet at Olympic Blvd / Reliez Station Rd parking lot 6:30pm.</p> <ul style="list-style-type: none"> • 10 min warm up jog. • 2-4 x 1200m @ TEMPO pace w/ 400m jog btwn each. • 5-10 min cool down jog. 	<p>2 <u>Lafayette Community Park Run</u> Meet at LCP 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 30-45 min. EASY pace run. 	<p>3 <u>Bay View Trail LONG Run!</u> Meet at CHS 9am for car pool to Bay View trail!</p> <ul style="list-style-type: none"> • 40-65 min. sustained pace! 	<p>4 <u>Moraga 4th of July RACE!</u> Meet at Moraga Shopping Center 7:30am.</p> <ul style="list-style-type: none"> • Veterans: 5 mile race! • Rookies: 2 mile race! <p><i>DON'T FORGET TO REGISTER FOR RACE at campotrack.com!</i></p>
<p>JULY 6 <u>Kings Trail Run</u> Meet at CHS lower parking lot 6:30pm for car pool to St. Monica's Church!</p> <ul style="list-style-type: none"> • 40-65 min sustained run. 	<p>7 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-35 min EASY pace run. • ULTIMATE FRISBEE! 	<p>8 <u>Campo Track Workout!</u> Meet at CHS track 6:30pm.</p> <ul style="list-style-type: none"> • 10 min warm up jog. • 2-3 x 2000m @ 10k pace w/ 3 min recovery btwn each. • 4 x 200m @ 3200m pace. • 10 min cool down jog. 	<p>9 <u>Hidden Valley Park DFAL Course Run</u> Meet at HVP, Martinez 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 30-45 min. EASY pace run. 	<p>10 <u>Redwood Park LONG Run</u> Meet at CHS 9am for car pool to Redwood!</p> <ul style="list-style-type: none"> • 45-70 min. sustained pace! 	<p>11 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-35 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.

<p>JULY 13 <u>Rim Trail / Lafayette Reservoir HILL Run</u> Meet at CHS lower field 6:30pm</p> <ul style="list-style-type: none"> • 35-60 min sustained HILL run. 	<p>14 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-25 min EASY pace run. • ULTIMATE FRISBEE! 	<p>15 <u>St. Mary's Trail FARTLEK</u> Meet at Olympic Blvd / Reliez Station Rd parking lot 6:30pm.</p> <ul style="list-style-type: none"> • 10 min warm up jog. • 2-4 x 1600m @ TEMPO pace w/ 400m jog btwn each. • 5-10 min cool down jog. 	<p>16 <u>Lafayette Community Park Run</u> Meet at LCP 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training • 25-40 min. EASY pace run. 	<p>17 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-30 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields. 	<p>18 <u>EPIC DIPSEA TRAIL RUN, BBQ & STINSON BEACH TRIP!</u> Leave CHS 7am: drive to Mill Valley. •55-80 min. sustained pace run over Mt. Talmalpais! Then play at Stinson Beach. Return 4pm. WE NEED PARENT DRIVERS!</p>
<p>JULY 20 <u>Hill Reps at LCP</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Run from CHS to LCP on cow crap trail. • 3-4 x figure eight HILL repetitions. • Return run to CHS. 	<p>21 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-30 min EASY pace run. • ULTIMATE FRISBEE! 	<p>22 <u>Campo Track Workout!</u> Meet at CHS track 6:30pm.</p> <ul style="list-style-type: none"> • 10 min warm up jog. • 3-5 x 1000m @ 5k pace w/ 3 min recovery btwn each. • 4 x 200m @ 3200m pace. • 10 min cool down jog. 	<p>23 <u>Hidden Valley Park DFAL Course Run</u> Meet at HVP, Martinez 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 30-45 min. EASY pace run. 	<p>24 <u>Tilden Park LONG Run</u> Meet at CHS 9am for car pool to inspiration point!</p> <ul style="list-style-type: none"> • 50-65 min sustained pace! 	<p>25 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-35 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.
<p>JULY 27 HSU RUNNING CAMP</p>	<p>28 HSU RUNNING CAMP</p>	<p>29 HSU RUNNING CAMP</p>	<p>30 HSU RUNNING CAMP</p>	<p>31 HSU RUNNING CAMP</p>	<p>AUGUST 1 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-35 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.
<p>AUGUST 3 <u>Kings Trail Run</u> Meet at CHS lower parking lot 6:30pm for car pool to St. Monica's Church!</p> <ul style="list-style-type: none"> • 45-60 min sustained HILLS. 	<p>4 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-35 min EASY pace run. • ULTIMATE FRISBEE!! 	<p>5 <u>Campo Track Workout!</u> Meet at CHS track 6:30pm.</p> <ul style="list-style-type: none"> • 10 min warm up jog. • 3-4 x 2000m @ 10k pace w/ 3 min recovery btwn each. • 4 x 200m @ 3200m pace. • 10 min cool down jog. 	<p>6 <u>Lafayette Community Park Run</u> Meet at LCP 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training • 35-45 min. EASY pace run. 	<p>7 <u>Bay View Trail LONG Run!</u> Meet at CHS 9am for car pool to Bay View trail!</p> <ul style="list-style-type: none"> • 55-70 min. sustained pace run. 	<p>8 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-40 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.
<p>AUGUST 10 <u>Hill Reps at LCP</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Run from CHS to LCP on cow crap trail. • 3-4 x figure eight HILL repetitions. • Return run to CHS. 	<p>11 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-35 min EASY pace run. • ULTIMATE FRISBEE! 	<p>12 <u>St. Mary's Trail FARTLEK</u> Meet at Olympic Blvd / Reliez Station Rd parking lot 6:30pm.</p> <ul style="list-style-type: none"> • 15 min warm up jog. • 20-25 min continuous TEMPO pace. • 4 x 200m @ 3200m pace. • 10 min cool down jog. 	<p>13 <u>Hidden Valley Park DFAL Course Run</u> Meet at HVP, Martinez 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training. • 35-45 min. EASY pace run. 	<p>14 <u>Redwood Park LONG Run</u> Meet at CHS 9am for car pool to Redwood!</p> <ul style="list-style-type: none"> • 60-75 min. sustained pace! 	<p>15 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training. • 20-40 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.