

COUGAR CROSS COUNTRY

2010 SUMMER TRAINING SCHEDULE

*SIGN UP FOR THE MORAGA 4TH OF JULY RACE! GO TO www.campotrack.com FOR INSTRUCTIONS!

NOTE CIRCUIT TRAINING #1, #2 & #3 FOR TUESDAY, THURSDAY & SATURDAY SESSIONS:

CIRCUIT TRAINING #1

CIRCUIT #1

100m jog between each:

- 1-eagles, on chest, heel to hand
- 2-eagles, on back, toe to hand
- 3-side leg raises, toe twists
- 4-abductor resistance half squat circles (push knees out)
- 5-scoops
- 6-hands & knees scorpions
- 7-push ups
- 8-low reach crunch
- 9-hands & knees hydrants
- 10-adductor resistance half squat circles (push knees in)
- 11-opposite arm/leg raises, on chest
- 12-alternate reach crunch
- 13-full squats
- 14-planks (forearms & toes)

CIRCUIT TRAINING #2

CIRCUIT #2

100m jog between each:

- 1-hip/trunk rotations, on back, shldrs flat
- 2-spider push ups
- 3-pistons, "h" position to full extension
- 4-side clams
- 5-hands & knees bird dogs
- 6-side crunches
- 7-lunges (forward in place)
- 8-chest lifts
- 9-hurdle position leg lifts
- 10-thrusts
- 11-wave squats
- 12-suitcases
- 13-mountain climbers
- 14-planks with raised arm/leg

CIRCUIT TRAINING #3

CIRCUIT #3

100m jog between each:

- 1-eagles, on chest, heel to hand
- 2-eagles, on back, toe to hand
- 3-arm stand, side leg raises, toe twists
- 4-arm/leg scissors, on chest
- 5-burpees (push up, jump up)
- 6-v-ups
- 7-forearm stand bent leg raises
- 8-sitting bicycle
- 9- speed skater squats
- 10-oscillating heel reach
- 11-elbow stand bent leg raises
- 12-legs up arm crawl
- 13- push up position bird dogs
- 14-russian twists

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ALL ATHLETES WELCOME!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>JUNE 14 <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>15 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #1. • 20 min EASY pace run. 	<p>16 <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. • 2-4 x 800m @ 20k pace w/ 400m jog btwn each. • 15 min cool down jog. 	<p>17 <u>Lafayette Community Park Run</u> Meet at LCP 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 20-35 min. EASY pace run. 	<p>18 <u>Redwood Park LONG Run</u> Meet at CHS 9am for car pool to Redwood!</p> <ul style="list-style-type: none"> • 30-60 min. sustained pace run. 	<p>19 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training #1. • 20-25 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.
<p>JUNE 21 <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"> • 35-60 min sustained run. 	<p>22 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #1. • 20-25 min EASY pace run. 	<p>23 <u>Campo Track Workout!</u> Meet at CHS track 6:30pm.</p> <ul style="list-style-type: none"> • 15 min warm up jog. • 2-3 x 1000m @ 10k pace w/ 2 min recovery btwn each. • 4 x 70m UP HILL strides. • 15 min cool down jog. 	<p>24 <u>Hidden Valley Park DFAL Course Run</u> Meet at HVP, Martinez 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 25-40 min. EASY pace run. 	<p>25 <u>Tilden Park LONG Run</u> Meet at CHS 9am for car pool to Inspiration Point!</p> <ul style="list-style-type: none"> • 35-65 min. sustained pace run. 	<p>26 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training #1. • 20-30 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.
<p>JUNE 28 <u>Rim Trail / Lafayette Reservoir HILL Run</u> Meet at CHS lower field 6:30pm</p> <ul style="list-style-type: none"> • 35-65 min sustained HILLY run. 	<p>29 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #1. • 20-30 min EASY pace run. 	<p>30 <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. • 2-4 x 1600m @ 20k pace w/ 400m jog btwn each. • 15 min cool down jog. 	<p>JULY 1 <u>Lafayette Community Park Run</u> Meet at LCP 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 30-45 min. EASY pace run. 	<p>2 <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"> • 40-70 min. sustained pace! 	<p>3 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training #1. • 20-30 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields. <p>July 4th Race Tomorrow! BE THERE!</p>
<p>JULY 5 <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>6 <u>Fun & Games Run!</u> Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #1. • 20-35 min EASY pace run. 	<p>7 <u>Campo Track Workout!</u> Meet at CHS track 6:30pm.</p> <ul style="list-style-type: none"> • 15 min warm up jog. • 3-4 x 1000m @ 10k pace w/ 2 min recovery btwn each. • 4 x 70m UP HILL strides. • 15 min cool down jog. 	<p>8 <u>Hidden Valley Park DFAL Course Run</u> Meet at HVP, Martinez 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 30-45 min. EASY pace run. 	<p>9 <u>Redwood Park LONG Run</u> Meet at CHS 9am for car pool to Redwood!</p> <ul style="list-style-type: none"> • 45-75 min. sustained pace! 	<p>10 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training #1. • 20-35 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.

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ALL ATHLETES WELCOME!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>JULY 12 <u>Rim Trail / Lafayette Reservoir HILL Run</u> Meet at CHS lower field 6:30pm</p> <ul style="list-style-type: none"> • 35-65 min sustained HILL run. 	<p>13 Fun & Games Run! Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 20-35 min EASY pace run. 	<p>14 <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"> • 20 min warm up jog. • 2-4 x 1600m @ 20k pace w/ 400m jog btwn each. • 20 min cool down jog. 	<p>15 <u>Lafayette Community Park Run</u> Meet at LCP 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #3. • 25-40 min. EASY pace run. 	<p>16 <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>17 DIPSEA TRAIL RUN & BBQ - BEACH TRIP! Leave CHS 7am: drive to Mill Valley.</p> <ul style="list-style-type: none"> • 55-80 min. sustained pace run over Mt. Talmalpais! Then play at Stinson Beach. <p>Return 4pm. WE NEED PARENT DRIVERS!</p>
<p>JULY 19 <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 SECRET cow crap trail. • 3-4 x figure eight HILL repetitions. • Return run to CHS. 	<p>22 Fun & Games Run! Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 20-40 min EASY pace run. 	<p>21 <u>Campo Track Workout!</u> Meet at CHS track 6:30pm.</p> <ul style="list-style-type: none"> • 20 min warm up jog. • 2-3 x 2000m @ 10k pace w/ 3 min recovery btwn each. • 4 x 200m @ 3200m pace. • 20 min cool down jog. 	<p>22 <u>Hidden Valley Park DFAL Course Run</u> Meet at HVP, Martinez 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #3. • 30-45 min. EASY pace run. 	<p>23 <u>Tilden Park LONG Run</u> Meet at CHS 9am for car pool to inspiration point!</p> <ul style="list-style-type: none"> • 50-75 min sustained pace! 	<p>24 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 30-45 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.
<p>JULY 26 HSU RUNNING CAMP</p> <p><i>All athletes are encouraged to attend this camp! Sign up by June 20th! See details on the team web site at: www.campotrack.com</i></p>	<p>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 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 30-45 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.
<p>AUGUST 2 <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"> • 45-65 min sustained HILLS. 	<p>3 Fun & Games Run! Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 20-45 min EASY pace run. 	<p>4 <u>Campo Track Workout!</u> Meet at CHS track 6:30pm.</p> <ul style="list-style-type: none"> • 20 min warm up jog. • 2-4 x 1600m @ 20k pace w/ 400m jog btwn each. • 20 min cool down jog. 	<p>5 <u>Lafayette Community Park Run</u> Meet at LCP 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #3. • 35-45 min. EASY pace run. 	<p>6 <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"> • 55-80 min. sustained pace run. 	<p>7 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 30-50 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.
<p>AUGUST 9 <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 SECRET cow crap trail. • 3-4 x figure eight HILL repetitions. • Return run to CHS. 	<p>10 Fun & Games Run! Meet at CHS lower field 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 20-45 min EASY pace run. 	<p>11 <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"> • 20 min warm up jog. • 2-3 x 2000m @ 10k pace w/ 3 min recovery btwn each. • 4 x 200m @ 3200m pace. • 20 min cool down jog. 	<p>12 <u>Hidden Valley Park DFAL Course Run</u> Meet at HVP, Martinez 6:30pm.</p> <ul style="list-style-type: none"> • Circuit Training #3. • 35-45 min. EASY pace run. 	<p>13 <u>Redwood Park LONG Run</u> Meet at CHS 9am for car pool to Redwood!</p> <ul style="list-style-type: none"> • 60-85 min. sustained pace! 	<p>14 <u>Moraga Commons Run</u> Meet at Commons 9am.</p> <ul style="list-style-type: none"> • Circuit Training #2. • 30-50 min EASY pace run: Run to St. Mary's fields. • 4 x 100m STRIDES on St. Mary's fields.