

COUGAR CROSS COUNTRY

2011 FALL SEASON DAILY SCHEDULE

Fall season COUGAR CROSS COUNTRY team practice attendance is **mandatory**.

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

1 x 10 forward hurdles on fence
1 x 10 backward hurdles on fence
2 x 10 over/under hurdles

• 600m EASY run (full grass lap)

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 MEDIUM run (full grass lap)

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

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

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

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

2 x 10m Fwd/Bkd Lunge w/ Twist
10 x Push Ups
10 x Reverse Hyper leg lift
10 x dbl leg Jump Ups on bench

• 600m EASY run (full grass lap)

2 x 10m Lateral Lunge
10 x Triceps Dips on bench
10 x Mountain Climber on bench
10 x Forward Step Up/Knee Drive

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

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

Stretch circuit

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

• 1200m EASY run (2 full grass laps)

A: CIRCUIT
9 x 60m jog / strength circuit:

- hip/trunk rotations, on back, shldrs flat
- hurdle position leg lifts
- hands & knees scorpions
- low reach crunch
- hands & knees hydrants
- opposite arm/leg raises, on chest
- scoops
- side leg raises, toe twists
- russian hip thrusts

Jog Variation Between Each:

- forward jog x 2
- backward jog x 2
- 360 jog x 2
- crossover forward jog x 1
- wide step forward jog x 1

B: 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
- full squats
- oscillating heel reach
- chest lifts
- standing "h"

Jog Variation Between Each:

- forward skip x 2
- backward skip x 2
- 360 skip x 2
- lateral saddle swing x 2

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

-adductor resistance half squat circles (push knees in) x 60 sec. each.
-abductor resistance half squat circles (push knees out) x 60 sec. each.

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: static hold with rotation every 60 seconds: front-plank/side-plank/back-plank

Stretch circuit

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

1 x 10 forward hurdle walkovers
1 x 10 backward hurdle walkovers
2 x 10 over/under hurdles

• 600m EASY run (full grass lap)

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 MEDIUM run (full grass lap)

2 x 10m forward "h" skips w/ acceleration
2 x 10m forward heel lift w/ acceleration
2 x 10m forward knee lift w/ acceleration

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

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

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

2 x 10m Fwd lunge/forearm dip
10 x Push Ups INVERTED
10 x Reverse Hyper leg lift
2 x 10m dbl leg Jump Downs off bench

• 600m EASY run (full grass lap)

5 x Lunge Matrix
10 x Triceps Dips on bench
10 x Mountain Climber matrix
10 x Lateral Step Up/Knee Drive

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

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

Stretch circuit

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

• 1200m EASY run (2 full grass laps)

A: CIRCUIT
9 x 60m jog / strength circuit:

- eagles, on chest, heel to hand
- eagles, on back, toe to hand
- elbow stand, side leg lifts, toe twists
- opposite arm/leg raises w/ lateral movement, on chest
- hands & knees forward hip rotations over hurdle
- suitcases, on tail bone
- chest lifts
- pistons
- hands & knees backward hip rotations over hurdle
- leg lift scissors

Jog Variation Between Each:

- forward jog x 2
- backward jog x 2
- 360 jog x 2
- crossover forward jog x 1
- wide step forward jog x 1

B: CIRCUIT 9 x 60m jog / strength circuit:

- inverted leg splits & scissors
- hip/trunk rotations, on back, shldrs flat
- super dogs straight leg lift
- v-ups
- wave squats
- push up position, bird dogs
- russian twists
- legs up arm crawl, on chest
- standing "h" strike drill

Jog Variation Between Each:

- forward skip x 2
- backward skip x 2
- 360 skip x 2
- lateral saddle swing x 2

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

-2 x 10 speed skater squats

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: static hold with rotation every 60 seconds: front-plank/side-plank/back-plank w/ straight leg lifts

Stretch circuit

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Fall season COUGAR CROSS COUNTRY team practice attendance is **mandatory**.

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

1 x 10 forward hurdle walkovers
1 x 10 backward hurdle walkovers
2 x 10 over/under hurdle walkovers

• 600m EASY run (full grass lap)

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 "h" skips w/ acceleration
2 x 20m forward rotary run w/ acceleration

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

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

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

2 x 10 split lunge hops
10 x CLAP Push Ups
10 x Reverse Hyper leg lift

• 600m EASY run (full grass lap)

2 x 10m lateral dbl leg hop squats
10 x Triceps Dips on bench

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

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

Stretch circuit

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

• 1200m EASY run (2 full grass laps)

A: 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
-arm stand, side leg raises, toe twists
-legs up arm crawl, on chest
-super dogs straight leg lift

Jog Variation Between Each:

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

B: CIRCUIT

7 x 40-60m jog / strength circuit:

-inverted leg splits & scissors
-hip/trunk rotations, on back, shldrs flat
-hands & knees, donkey whips
-straight leg lifts/scissors, on back
-arm/leg scissors, on chest
-scoop 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

-10 x burpees

BAREFOOT drill circuit on grass:

-heel to toe calf raise walk
-straight leg swings

4 minute plank drill: continuous rotation
with straight arms (push up position):
front-plank/side-plank/back-plank w/
straight leg lifts

Stretch circuit

MORNING FITNESS ROUTINE

60-90 seconds per activity. 30m Run
between each.

A: CIRCUIT

SWISS BALL:

1. *Supine* bridge on shldrs
2. *Supine* inner thigh drop push
3. *Prone* stink bugs
4. *Lateral* oblique crunch (feet on wall)
5. *Supine* hamstring curl / hip thrust
6. *Supine* leg lift twists
7. *Prone* back extension w/ ball under hips, arms under chin (feet on wall)
8. *Supine* hands to ankles ball pass
9. *Prone* hips on ball snail leg lifts
10. *Lateral* side split leg raises

MEDICINE BALL:

1. Good mornings ball behind head
2. Standing straight arm circles
3. Standing straight arm twists
4. Sit up diagonal wood chops
5. Kettle bell swings
6. Inchworm roll out/back
7. *Lateral* straight arm rainbow
8. 1-ball 2-hand push-up
9. Squat front straight arm hold
10. Single leg clock bounce

B: CIRCUIT

SWISS BALL:

1. *Supine* bridge on shldrs lateral walk
2. *Supine* inner thigh drop push
3. *Pone* stink bug to pike
4. *Lateral* oblique crunch twist (feet on wall)
5. *Supine* bridge hamstring curl
6. *Supine* leg lift twists
7. *Prone* hips on ball back extension arms straight in front (feet on wall)
8. *Supine* hand to ankle ball pass
9. *Prone* hips on ball dbl leg lift
10. *Lateral* side split leg raises

MEDICINE BALL:

1. Around the world, full circles from hip ball out straight arms
2. Diagonal squat hay bales with bounce
3. Standing knee lift straight arm twist
4. V up alternate straight leg straight arms ball to toe
5. Kettle bell swings to jump
6. Inchworm bounce out/back
7. *Lateral* straight arm rainbow
8. 1 ball push up pop up switch
9. Squat press to jump
10. Rainbow side to side slams

WEIGHT CIRCUIT ROUTINE

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

1. -8 x bench press
2. -8 x arm curls
3. -8 x triceps push downs
4. -8 x lat pulls
5. -8 x military press
6. -8 x bent rows
7. -8 x upright rows
8. -8 x suitcase squats

STRETCH CIRCUIT ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg cross-over, side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle away from same side glute)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to glute)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/Glute (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Glute/hip (corkscrew sit/ knee to chest)

G-S-M ROUTINE

1. 10 x Lateral **abductor** leg raises (inverted/neutral/out)
2. 10 x Lateral **adductor** leg raises (inverted/neutral/out)
3. 5 x Scorpion
4. 5 x Donkey whip
5. 5 x Fire hydrant
6. 5 x Knee circle forward
7. 5 x Knee circle backward
8. 10 x Prone lower body crawl
9. 10 x Groiners
10. 10 x Hurdle seat exchange

LADDER DRILLS

1. Forward dbl leg "hop scotch"
2. Forward dbl leg "slalom"
3. Forward dbl leg "snake"
4. Forward one foot quick foot (x2)
5. Forward half step (x2)
6. Forward quick step
7. Lateral quick step
8. Lateral shuffle step
9. Lateral "x-country" switch step
10. Lateral quick step
11. Forward "icky shuffle"
12. Forward "speed skater"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AUGUST 14 ON YOUR OWN: •Run LSD 50-70 min @ San Pablo Reservoir trail Orinda. •GSM Routine. •Stretch.</p>	<p>15 NO SCHOOL VARSITY: 7:00-8:00AM •Morning Circuit A •Run EASY 10-15 min. ALL TEAM: 3:30-6:30PM •Fitness warm-up A. •Run EASY 25-40 min. •WATER RELAY obstacle course. •Fitness cool down. •Stretch.</p>	<p>16 NO SCHOOL ALL TEAM: 3:30-6:30PM •Fitness warm-up A. •Run EASY 20-35 min. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 6:15-6:45PM •Weight circuit x 2.</p>	<p>17 NO SCHOOL VARSITY: 7:00-8:00AM •Morning Circuit A •Run EASY 10-15 min. ALL TEAM: 3:30-6:30PM •Performance Warm up. •Run EASY 20 min. •6-8 x 200m REPETITIONS @ 3200m pace, equal distance, jog btwn each. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>18 NO SCHOOL COUGAR DAY: 8:00AM <i>Veterans recruit at table!</i> ALL TEAM: 3:30-6:30PM •Fitness warm-up B. •Run LSD 40-60 min. FLAT to Commons, St. Mary's loop & back on Rheem. •Ladder Drills. •GSM Routine. •Stretch. VETERANS: 6:15-6:45PM •Weight circuit x 2.</p>	<p>19 NO SCHOOL VARSITY: 7:00-8:00AM •Morning Circuit A •Run EASY 15-20 min. ALL TEAM: 3:30-6:30PM •Fitness warm-up A. •Run EASY 20-40 min. •SHARKS & MINNOWS. •Fitness cool down. •Stretch.</p>	<p>20 ALL TEAM: 9:00-11:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>AUGUST 21 ON YOUR OWN: •Run LSD 55-75 min HILLS @ Kings Trail. •GSM Routine. •Stretch.</p>	<p>22 NO SCHOOL VARSITY: 7:00-8:00AM •Morning Circuit A •Run EASY 10-15 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 20 min. •2-3 x 1000 or 1400m @ 10k pace on track w/ 2.5 min. 200m jog btwn each. •Run EASY 15 min. •3 x 50m UPHILL STRIDES on access road to track. •Performance cool down. •Stretch.</p>	<p>23 NO SCHOOL ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 30-40 min. •WATER RELAY obstacle course. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>24 VARSITY: 6:30-7:30AM •Morning Circuit A •Run EASY 15-20 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. •1 x 4-3-2, 3-2-1 min. FARTLEK @ 10k-5k-3200m pace on field w/ 6 min. run btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>25 ALL TEAM: 3:30-5:45PM •Fitness warm-up B •Run LSD 50-65 min. HILLS on Rim Trail. •Ladder Drills. •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>26 VARSITY: 6:30-7:30AM •Morning Circuit A •Run EASY 15-20 min. ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •2 x 200m @ 3200m pace on field w/ equal distance jog btwn each. •Fitness cool down. •Stretch.</p>	<p>27 ALL TEAM: 8:00-11:00AM <i>Be at HVP by 8:00am!</i> •Hidden Valley Park Course Work: Bring Hoes, Shovels, Rakes, Weed-whackers, & GLOVES! ALL TEAM: ON OWN: •Run EASY 30-40 min. •Stretch.</p>
<p>AUGUST 28 ON YOUR OWN: •Run LSD 60-80 min @ Bayview Trail. •GSM Routine. •Stretch.</p>	<p>29 VARSITY: 6:30-7:30AM •Morning Circuit A •Run EASY 15-20 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 20 min. •2-3 x 1500 or 2000m @ 20k pace on field w/ 1.5 min. rest btwn each. •Run EASY 15 min. •4 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>30 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 30-40 min. •SHARKS & MINNOWS. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3. PARENTS: 5:30-6:30PM •Parent Meeting in Library</p>	<p>31 VARSITY: 6:30-7:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 20 min. •3-4 x LCP HILL REPETITIONS @ 100% max effort on up hill, EASY jog btwn each. •Run EASY 20 min. •Performance cool down. •Stretch.</p>	<p>SEPTEMBER 1 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 45-65 min. FLAT out & back to Staging Area & Kings Trail. •Ladder Drills. •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>2 VARSITY: 6:30-7:30AM •Morning Circuit A •Run EASY 15-20 min. ALL TEAM: 3:30-6:30PM <i>Bus leaves CHS at 2pm! Athletes must ride bus.</i> •Performance Warm up. •Run EASY 20 min. RACE: Little Ed Race @ Hidden Valley Park •Run EASY 20 min. •Performance cool down. •Stretch. •Help clean up!</p>	<p>3 ALL TEAM: 9:00-11:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>SEPT 4 ON YOUR OWN: •Run LSD 65-85 min HILLS @ Kings Trail. •GSM Routine. •Stretch.</p>	<p>5 NO SCHOOL VARSITY: 8:00-9:00am •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. •3-4 x 1000 or 1400m @ 10k pace on track w/ 2.5 min. 200m jog btwn each. •Run EASY 15 min. •4 x 50m UPHILL STRIDES on access road to track. •Performance cool down. •Stretch.</p>	<p>6 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 35-45 min. •ULTIMATE CHICKEN. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>7 VARSITY: 6:30-7:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. •1 x 4-3-2, 3-2-1 min. FARTLEK @ 10k-5k-3200m pace on field w/ 6 min. run btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>8 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 50-70 min. HILLS on Rim Trail. •Ladder Drills. •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>9 VARSITY: 6:30-7:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •2 x 150m @ 1600m pace on field w/ equal distance jog btwn each. •Fitness cool down. •Stretch.</p>	<p>10 ACT TEST ALL TEAM: 7AM -2PM <i>NO Bus. Be at HVP by 7:00am!</i> •Performance Warm up. •Run EASY 20 min. RACE: Ed Sias Meet @ Hidden Valley Park •Run EASY 25 min. •Performance cool down. •Stretch. •Help clean up!</p>
<p>SEPT 11 ON YOUR OWN: •Run LSD 65-85 min @ Bayview Trail. •GSM Routine. •Stretch.</p>	<p>12 VARSITY: 6:30-7:30AM •Morning Circuit B •Run EASY 20-25 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. •3-4 x 1500 or 2000m @ 20k pace on field w/ 1.5 min. rest btwn each. •Run EASY 15 min. •4 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>13 BCK TO SCHL NGHT ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 35-45 min. •ULTIMATE FRISBEE. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>14 VARSITY: 6:30-7:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 20 min. •3-4 x LCP HILL REPETITIONS @ 100% max effort on up hill, EASY jog btwn each. •Run EASY 20 min. •Performance cool down. •Stretch.</p>	<p>15 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 50-70 min. FLAT out & back to Staging Area & Kings Trail. •Ladder Drills. •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>16 VARSITY: 6:30-7:30AM •Morning Circuit B •Run EASY 20-25 min. ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •3 x 200m @ 3200m pace on field w/ equal distance jog btwn each. •Fitness cool down. •Stretch.</p>	<p>17 ALL TEAM: 6:45AM-1PM <i>Bus leaves CHS at 6:45am!</i> •Performance Warm up. •Run EASY 20 min. RACE: Nike Invitational @ Newhall Park •Run EASY 25 min. •Performance cool down. •Stretch.</p>

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<p>SEPT 18 ON YOUR OWN: •Run LSD 45-65 min @ San Pablo Reservoir trail Orinda. •GSM Routine. •Stretch.</p>	<p>19 ALL TEAM: 3:30-5:15PM •GAME DAY: ULTIMATE FRISBEE TOURNAMENT. •Stretch.</p>	<p>20 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 25-40 min. •GSM Routine. •Fitness cool down. •Stretch.</p>	<p>21 ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 35 min. •500m @ 5k pace, 400m @ 3200m pace, 300m @ 1600m pace with 200m jog recovery btwn reps. •Run EASY 10 min. •Performance cool down. •Stretch.</p>	<p>22 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 40-60 min. FLAT out & back to Commons & down St. Mary's trail. •Ladder Drills. •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>23 VARSIITY: 6:30-7:30AM •Morning Circuit A •Run EASY 15-20 min. ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 25-40 min. •2 x 150m @ 1600m pace on field w/ equal distance jog btwn each. •Fitness cool down. •Stretch.</p>	<p>24 VARSIITY: 12:15-5:00PM Car-pool leaves 12:15pm. •Performance Warm up. •Run EASY 20 min. RACE: Stanford Invitational @ Stanford Golf Course •Run EASY 20 min. •Performance cool down. •Stretch. ALL FS & JV: 9:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>SEPT 25 ON YOUR OWN: •Run LSD 50-70 min HILLS @ Kings Trail. •GSM Routine. •Stretch.</p>	<p>26 VARSIITY: 6:30-7:30AM •Morning Circuit A •Run EASY 20 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. •2 x 1800m @ 20k pace, 1000m @ 10k pace on track w/ 2 min. 200m btwn each. •Run EASY 10 min. •4 x 50m UPHILL STRIDES on access road to track. •Performance cool down. •Stretch.</p>	<p>27 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 30-45 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>28 VARSIITY: 6:30-7:30AM •Morning Circuit B •Run EASY 15-20 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 20 min. •3-4 x HILL + 400m @100% effort w/ full jog rec btwn each •Run EASY 20 min. •Performance cool down. •Stretch.</p>	<p>29 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 45-65 min. FLAT to Commons, St. Mary's loop & back on Rheem. •Ladder Drills. •GSM Routine. •Stretch VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>30 VARSIITY: 6:30-7:30AM •Morning Circuit A •Run EASY 20-25 min. ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •2 x 200m @ 3200m pace on field w/ equal distance jog btwn each. •Fitness cool down. •Stretch.</p>	<p>OCTOBER 1 SAT TEST ALL FS & JV: 6:45-1:00PM Bus leaves CHS at 6:45am! Athletes must ride bus. •Performance Warm up. •Run EASY 20 min. RACE: Baughs Invitational @ Shadow Cliffs •Run EASY 20 min. •Performance cool down. •Stretch. VARSIITY: 9:00-11:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>OCT 2 ON YOUR OWN: •Run LSD 55-75 min @ Bayview Trail. •GSM Routine. •Stretch.</p>	<p>3 VARSIITY: 6:30-7:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 15 min. •20-25 min. TEMPO RUN @ 20k pace. •Run EASY 15 min. •4 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>4 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 30-45 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3. <i>PRE-MEET DINNER in CHS Cafeteria: 5:45-6:45pm.</i></p>	<p>5 VARSIITY: 6:30-7:30AM •Morning Circuit A •Run EASY 20-25 min. ALL TEAM: 3:30-6:30PM Bus leaves CHS at 2pm! •Performance Warm up. •Run EASY 20 min. RACE: DFAL Center Meet @ Hidden Valley Park •Run EASY 25 min. •Performance cool down. •Stretch. •Help clean up!</p>	<p>6 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 50-70 min. FLAT out & back to Staging Area & Kings Trail. •Ladder Drills. •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>7 VARSIITY: 6:30-7:30AM •Morning Circuit B •Run EASY 20 min. ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-45 min. •3 x 150m @ 1600m pace on field w/ equal distance jog btwn each. •Fitness cool down. •Stretch.</p>	<p>8 ALL TEAM: 9:00-1:00PM NO Bus. Be at HVP by 9:00am! •Performance Warm up. •Run EASY 10 min. RACE: Orienteering Championships @Hidden Valley Park •Performance cool down. •Stretch. •TEAM BBQ! •Help clean up!</p>
<p>OCT 9 ON YOUR OWN: •Run LSD 60-80 min HILLS @ Kings Trail. •GSM Routine. •Stretch.</p>	<p>10 NO SCHOOL VARSIITY: 8:00-9:00AM •Morning Circuit A •Run EASY 20-25 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. •2 x 1800m @ 20k pace, 1000m @ 10k pace on track w/ 2 min. 200m btwn each. •Run EASY 10 min. •4 x 50m UPHILL STRIDES on access road to track. •Performance cool down. •Stretch.</p>	<p>11 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 35-50 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>12 VARSIITY: 6:30-7:30AM •Morning Circuit B •Run EASY 20-25 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 20 min. •3-4 x HILL + 400m @100% effort w/ full jog rec btwn each •Run EASY 20 min. •Performance cool down. •Stretch.</p>	<p>13 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 50-70 min. FLAT to Commons, St. Mary's loop & back on Rheem. •Ladder Drills. •GSM Routine. •Stretch VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>14 TOP 48: 7:30AM-9PM Bus leaves CHS at 7:30am! •Performance Warm up. •Run EASY 20 min. RACE: Roughrider Invitational @ Woodrider Park •Run EASY 25 min. •Performance cool down. •Stretch. OTHERS: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-45 min. •3 x 150m @ 1600m pace •Fitness cool down. •Stretch.</p>	<p>15 PSAT TEST ALL TEAM: 9:00-11:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>OCT 16 ON YOUR OWN: •Run LSD 60-80 min @ Bayview Trail. •GSM Routine. •Stretch.</p>	<p>17 VARSIITY: 6:30-7:30AM •Morning Circuit B •Run EASY 20-25 min. ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 15 min. •20-25 min. TEMPO RUN @ 20k pace. •Run EASY 15 min. •4 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>18 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 35-50 min. •Ladder Drills. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>19 VARSIITY: 6:30-7:30AM •Morning Circuit A •Run EASY 20-25 min. ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 20 min. •4-5 x 1000m INTERVALS @ 5k pace on field w/ equal time recovery btwn each. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>20 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 50-70 min. FLAT out & back to Staging Area & Kings Trail. •Ladder Drills. •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>21 VARSIITY: 6:30-7:30AM •Morning Circuit B •Run EASY 20-25 min. ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-45 min. •3 x 200m @ 3200m pace on field w/ equal distance jog btwn each. •Fitness cool down. •Stretch. •Stretch</p>	<p>22 ACT TEST ALL TEAM: 8:30-11:30AM •Performance Warm up. •Run EASY 25 min. RACE: 1600m Team Time Trials @ CHS •Run EASY 25 min. •Performance cool down. •Stretch.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OCT 23 ON YOUR OWN: •Run LSD 40-60 min @ San Pablo Reservoir, Orinda. •GSM Routine. •Stretch.</p>	<p>24 ALL TEAM: 3:30-5:15PM •GAME DAY: PHOTO SCAVENGER HUNT. •Stretch.</p>	<p>25 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 25-40 min. •GSM Routine. •Fitness cool down. •Stretch. <i>PRE-MEET DINNER in CHS Cafeteria: 5:45-6:45pm.</i></p>	<p>26 ALL TEAM: 3:30-6:30PM <i>Bus leaves CHS at 2pm!</i> •Performance Warm up. •Run EASY 20 min. RACE: DFAL Center Meet @ Shadow Cliffs Park •Run EASY 25 min. •Performance cool down. •Stretch. •Help clean up!</p>	<p>27 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 45-60 min. FLAT to Commons, St. Mary's loop & back on Rheem •Ladder Drills. •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>28 VARSIY: 6:30-7:30AM •Morning Circuit A •Run EASY 10-15 min. ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 15 min. •40min MYSTERY FARTLEK RUN •Performance cool down. •Stretch.</p>	<p>29 ALL TEAM: 9:00-11:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>OCT 30 ON YOUR OWN: •Run LSD 50-70 min @ Kings Trail. •GSM Routine. •Stretch.</p>	<p>31 VARSIY: 6:30-7:30AM •Morning Circuit B •Run EASY 15-20 min. ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 15 min. •20-25 min. TEMPO RUN @ 20k pace. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>NOVEMBER 1 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •STRIDES from box start •GSM Routine. •Fitness cool down. •Stretch. VARSIY: 5:45-6:15PM •Weight circuit x 2.</p>	<p>2 VARSIY: 6:30-7:30AM •Morning Circuit A •Run EASY 10-15 min. ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 50-60 min. FLAT out & back to Staging Area & Kings Trail. •Ladder Drills. •GSM Routine. •Stretch</p>	<p>3 ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 15 min. •6-8 x 500m TEMPO LOOPS @ 10k pace w/ 100m walk back recovery btwn each. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>4 VARSIY: 6:30-7:30AM •Morning Circuit B •Run EASY 15-20 min. ALL TEAM: 3:30-5:15PM •Fitness warm-up A. •Run EASY 20-30 min. •STRIDES from box start •Fitness cool down. •Stretch.</p>	<p>5 SAT TEST ALL TEAM: 10:30AM-5PM <i>Bus leaves CHS at 10:30am! Athletes must ride bus.</i> •Performance Warm up. •Run EASY 20 min. RACE: DFAL Championships @ Hidden Valley Park •Run EASY 20 min. •Performance cool down. •Stretch. •Help clean up!</p>
<p>NOV 6 ON YOUR OWN: •Run LSD 70 min @ Bayview Trail. •GSM Routine. •Stretch.</p>	<p>7 VARSIY: 6:30-7:30AM •Morning Circuit A •Run EASY 10-15 min. VARSIY: 3:30-5:30PM •Fitness warm-up A. •Run EASY 40 min. •STRIDES from box start •GSM Routine. •Fitness cool down. •Stretch. VARSIY: 5:30-6:00PM •Weight circuit x 2.</p>	<p>8 VARSIY: 3:30-5:45PM •Performance Warm up. •Run EASY 20 min. •5 x 1000m INTERVALS @ 5k pace on field w/ equal time recovery btwn each. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>9 VARSIY: 6:30-7:30AM •Morning Circuit B •Run EASY 15-20 min. VARSIY: 3:30-5:45PM •Fitness warm-up B. •Run LSD 60 min. FLAT to Commons, St. Mary's loop & back on Rheem. •GSM Routine. •Stretch.</p>	<p>10 VARSIY: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •STRIDES from box start •Fitness cool down. •Stretch.</p>	<p>11 NO SCHOOL VARSIY: 7:00-11:30AM <i>Drive to Hayward HS. Carpool leaves CHS at 7:00am!</i> •Performance Warm up. •Run EASY 15 min. •40min MYSTERY FARTLEK RUN •Performance cool down. •Stretch.</p>	<p>12 VARSIY: 9:00-11:00AM •Weight circuit x 3. •Pool workout. •Stretch.</p>
<p>NOV 13 ON YOUR OWN: •Run LSD 70 min @ Kings Trail. •GSM Routine. •Stretch.</p>	<p>14 VARSIY: 3:30-5:30PM •Fitness warm-up A. •Run EASY 40 min. •STRIDES from box start •GSM Routine. •Fitness cool down. •Stretch.</p>	<p>15 VARSIY: 3:30PM •Performance Warm up. •Run EASY 15 min. •25 min. TEMPO RUN @ 20k pace. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>16 VARSIY: 3:30-5:45PM •Fitness warm-up B. •Run LSD 70 min. FLAT out & back to Staging Area & Kings Trail. •Stretch</p>	<p>17 VARSIY: 3:30-5:30PM •Performance Warm up. •Run EASY 15 min. •7 x 500m TEMPO LOOPS @ 10k pace w/ 100m walk back recovery btwn each. •Run EASY 15 min. •Stretch.</p>	<p>18 VARSIY: 3:30-5:15PM •Run EASY 25 min. •STRIDES from box start •Fitness cool down. •Stretch.</p>	<p>19 VARSIY: TBA <i>Car pool TBA.</i> •Performance Warm up. •Run EASY 20 min. RACE: NCS Championships @ Hayward HS •Run EASY 20 min. •Stretch.</p>
<p>NOV 20 ON YOUR OWN: •Run LSD 60 min @ Bayview Trail. •Stretch.</p>	<p>21 NO SCHOOL VARSIY: 9:00-10:30AM •Fitness warm-up A. •Run EASY 40 min. •Fitness cool down. •Stretch.</p>	<p>22 NO SCHOOL VARSIY: 9:00-11:00AM •Performance Warm up. •Run EASY 20 min. •STRIDES from box start •1 x 1600m, 2 x 800m @ 5k pace w/ equal time rec btwn each •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>23 NO SCHOOL VARSIY 9:00-10:30AM •Fitness warm-up B •Run EASY 30-40 min. •Fitness cool down. •Stretch.</p>	<p>24 NO SCHOOL VARSIY 9:00-10:45AM •Performance Warm up. •Run EASY 15 min. •6 x 500m TEMPO LOOPS @ 10k pace w/ 100mwalk back recovery btwn each. •Run EASY 15 min. •Stretch.</p>	<p>25 NO SCHOOL VARSIY: 2:00PM <i>Van leaves CHS for Fresno at 8:00am.</i> •Run EASY 25 min. •STRIDES from box start •Stretch</p>	<p>26 VARSIY: TBA •Performance Warm up. •Run EASY 20 min. RACE: CIF Championships @ Woodward Park •Run EASY 20 min. •Stretch. <i>Return to CHS approximately 7:00pm.</i></p>