

# COUGAR TRACK & FIELD

## 2024 SPRING SEASON DT SCHEDULE

MONDAY through SATURDAY team practice attendance is mandatory.

### PHASE 1

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

##### CORE CIRCUIT

60 sec. leg lifts  
60 sec. chest lifts  
60 sec. sit ups  
60 sec. hands-and-knees bird dogs  
60 sec. elbow-to-knee diagonal crunch

##### MOBILITY CIRCUIT

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

##### 300m BAREFOOT run (turf lap)

20 sec. lateral leg swings  
20 sec. linear leg swings

##### 300m BAREFOOT run (turf lap)

2 x 10m forward "h" skips  
2 x 10m forward heel lift  
2 x 10m forward knee lift  
4 x 6-8 wicket strides

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

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

MEDIUM cool-down run –time indicated on training calendar (10-15min).

##### A CIRCUIT in quad:

10-15 x triceps dips  
10 x double leg jump-ups  
10-15 x body-weight rows  
10 x forward step-up/knee drive

##### B CIRCUIT on turf:

20 x mountain climbers  
10-15 x lateral-walk push-ups  
2 x 10m lateral squat walk

##### STRETCH CIRCUIT

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

##### CORE CIRCUIT

-3 x 30 sec. plank  
-60 sec. scoops (on back)  
-60 sec. chest crawl (on chest)  
-60 sec. low reach crunch (on back)  
-60 sec. pistons (on back)  
-60 sec. opposite arm/leg (on chest)  
-60 sec. side crunches (30 sec. each)

##### GSM CIRCUIT

10 x Sway-back/Cat-back  
10 x Lateral **abductor** leg-raise  
10 x Lateral **adductor** leg-raise  
10 x Scorpion  
10 x Donkey whip  
10 x Fire hydrant

##### BAREFOOT RECOMMENDED 40m btwn, 60 seconds each.

Jog Variation Between Each:  
-360 jog x 2  
-lateral shuffle x 2  
-lateral crossover x 2  
-lateral saddle swing x 2

-20m inchworms  
-20m walking pillar dips  
-20m walking leg swings  
-60 sec. hip/trunk rotations  
-60 sec. inverted splits  
-60 sec. inverted scissors  
-60 sec. chest eagles  
-60 sec. back eagles  
-20m reverse lunge to run pose (10 per side)

4 x 6-8 wicket strides

##### LADDER DRILLS

1. Forward double-leg "hop scotch"
2. Forward double-leg "slalom"
3. Forward double-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

##### BAREFOOT RECOMMENDED 20m btwn, 60 seconds each.

##### SWISS BALL SIDE:

1. Prone hips on ball, alternate leg lift
2. Supine drop-push
3. Down-plank tuck
4. Left-oblique crunch, hands behind head
5. Right-oblique crunch, hands behind head
6. Double-leg hamstring curls
7. Supine leg-lift twists
8. Back extension, hands under chin, elbows high
9. Left-side-split leg raises
10. Right-side-split leg raises
11. Supine ball pass

##### MEDICINE BALL SIDE:

1. Good mornings, ball btwn shoulders
2. Standing straight-arm circles
3. Left-leg pillar dips
4. Right-leg pillar dips
5. Sit-up wood chops
6. Squat biceps curl
7. Standing overhead lateral rainbow
8. Inchworm roll out/back
9. Standing straight-arm twists
10. Kettle bell swings
11. Ball on shins push crunch

##### LOWER LEG CIRCUIT

##### BAREFOOT CIRCUIT

Race-walk sideline btwn each (100m). Perform leg exercise across end-zone (50m). Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

##### STADIUM STEP CIRCUIT

Power walk up and down stadium steps btwn each exercise. Repeat circuit as time allows.

60-second right-leg toe taps  
60-second left-leg toe taps  
20 x right-side hip-sag gluteal squeeze  
20 x left-side hip-sag gluteal squeeze  
20 x right-side single-leg squat taps  
20 x left-side single-leg squat taps  
10 x double-leg heel lower-to-raise (inversion/extension)

#### STRENGTH ROUTINES (wks 1-5) PHASE 1

2-3 circuits: **MAX** weight & speed for power! Focus on **POWER** (maximal force in minimal time) with concentric contractions. Focus on resistance with eccentric contractions! In other words, lift explosively and lower slowly.

##### GENERAL STRENGTH CIRCUIT

A1. -8 x arm curls (dumbbells)  
A2. -8 x triceps press (dumbbell)  
A3. -8 x hip-sag gluteal squeeze (dumbbell/box)  
B1. -8 x pull-ups  
B2. -8 x bar-dips  
B3. -8 x squat-press (landmine)  
C1. -8 x bench press (dumbbells)  
C2. -8 x single-arm bent row (dumbbells)  
C3. -8 x standing hip matrix (band)

##### LEG STRENGTH CIRCUIT

-8 x suitcase squats (dumbbell)  
-8 x dead lifts (barbell)  
-8 x box jump matrix (box)

##### STRETCH CIRCUIT

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

##### G-S-M CIRCUIT

10 x Sway-back/Cat-back  
10 x Lateral **abductor** leg-raise (invert-ed/neutral/out)  
10 x Lateral **adductor** leg-raise (invert-ed/neutral/out)  
10 x Scorpion  
10 x Donkey whip  
10 x Fire hydrant  
10 x Single-leg bridge thrust

# COUGAR TRACK & FIELD

## 2024 SPRING SEASON DT SCHEDULE

MONDAY through SATURDAY team practice attendance is mandatory.

### PHASE 2

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

##### CORE CIRCUIT

- 60 sec. spread eagle diagonal pike
- 60 sec. leg lifts w/ flutter & scissor
- 60 sec. chest lifts w/ arms in front
- 60 sec. Russian twists
- 60 sec. bird dogs w/ lateral movement

##### MOBILITY CIRCUIT

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

##### 300m BAREFOOT run (turf lap)

- 20 sec. lateral leg swings
- 20 sec. linear leg swings

##### 300m BAREFOOT run (turf lap)

- 2 x 20m forward rotary run
- 2 x 20m forward 3rd-stride quick stride
- 4 x 10-12 wicket strides

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

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

MEDIUM cool-down run –time indicated on training calendar (10-15min).

##### A CIRCUIT in quad:

- 15-20 x triceps dips
- 2 x stadium-step double-leg hops
- 15-20 x body-weight rows
- 10 x switch-step toe tap (on bench)

##### B CIRCUIT on turf:

- 10 x Mountain climber matrix
- 10 x Burpees

##### STRETCH CIRCUIT

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

##### CORE CIRCUIT

- 3 x 30 sec. plank matrix

- 60 sec. straight-leg full lift
- 60 sec. chest crawl
- 60 sec. oscillating heel reach
- 60 sec. elbow-to-knee bicycles
- 60 sec. opposite-arm/leg lift w/ lateral
- 60 sec. suitcases

##### GSM CIRCUIT

- 10 x Sway-back/Cat-back
- 10 x Lateral **abductor** leg-raise
- 10 x Lateral **adductor** leg-raise
- 10 x Scorpion
- 10 x Donkey whip
- 10 x Fire hydrant

##### BAREFOOT RECOMMENDED 40m btwn, 60 seconds each.

##### Jog Variation Between Each:

- 360 jog x 2
- lateral shuffle x 2
- lateral crossover x 2
- lateral saddle swing x 2

- 20m inchworms
- 20m walking pillar dips
- 20m walking leg swings
- 60 sec. hip/trunk rotations
- 60 sec. inverted splits
- 60 sec. inverted scissors
- 60 sec. chest eagles
- 60 sec. back eagles
- 20m backward prisoner-lunge

- 4 x 10-12 wicket strides

##### LADDER DRILLS

1. Forward double-leg "hop scotch"
2. Forward double-leg "slalom"
3. Forward double-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

##### BAREFOOT RECOMMENDED 20m btwn, 60 seconds each.

##### SWISS BALL SIDE:

1. *Supine* drop-push
2. Down-plank tuck-twist
3. Left-oblique crunch, hands behind head
4. Right-oblique crunch, hands behind head
5. *Supine* double-leg hamstring curls
6. *Supine* leg-lift twists
7. Back extension, arms straight, both hands high
8. *Supine* ball-pass
9. Left side-split leg-raises
10. Right side-split leg-raises
11. Down-plank alternate arm-raises

##### MEDICINE BALL SIDE:

1. Good mornings, ball overhead
2. Alternating lateral hay-bale squat
3. Alternating-leg V-up, ball-to-toe
4. Alternating axe-swing lunge-twist
5. Sit-up alternating wood-chop twist
6. Left-leg pillar-dip "h"-press
7. Left-leg pillar-dip "h"-press
8. Standing overhead lateral pass
9. Inchworm roll out/back
10. Trunk rotations ball btwn knees
11. Kettle bell swings walk forward/back

##### LOWER LEG CIRCUIT

##### BAREFOOT CIRCUIT

Race-walk sideline btwn each (100m). Perform leg exercise across end-zone (50m). Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

##### STADIUM STEP CIRCUIT

Power walk up and down stadium steps btwn each exercise. Repeat circuit as time allows.

- 60-second right-leg toe taps
- 60-second left-leg toe taps
- 20 x right-side hip-sag gluteal squeeze
- 20 x left-side hip-sag gluteal squeeze
- 20 x right-side single-leg squat taps
- 20 x left-side single-leg squat taps
- 10 x double-leg heel lower-to-raise (inversion/extension)

#### WEIGHT CIRCUIT ROUTINE (wks 6-10) PHASE 2

2-3 circuits: **MAX** weight & speed for power! Focus on **POWER** (maximal force in minimal time) with concentric contractions. Focus on resistance with eccentric contractions! In other words, lift explosively and lower slowly.

##### GENERAL STRENGTH CIRCUIT

- A1. -8 x pull-ups
- A2. -8 x bar dips
- A3. -2 x 8 x single-leg squats-to-run pose (box)

- B1. -60-second running arms (dumbbells)
- B2. -8 x push-up rows (dumbbells)
- B3. -8 x lunge-press to single-leg run pose, alternate sides (dumbbells)

- C1. -10 x prone hip matrix: knee drive / side raises / gluteal lifts (band)

##### LEG STRENGTH CIRCUIT

- 8 x one-arm squat high-pull (dumbbell)
- 8 x kettle-bell swing
- 8 x double-leg down-up box jumps (boxes)

##### STRETCH CIRCUIT ROUTINE

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

##### G-S-M ROUTINE

- 10 x Sway-back/Cat-back
- 10 x Lateral **abductor** leg-raise (inverted/neutral/out)
- 10 x Lateral **adductor** leg-raise (inverted/neutral/out)
- 10 x Scorpion
- 10 x Donkey whip
- 10 x Fire hydrant
- 10 x Single-leg bridge thrust

# COUGAR TRACK & FIELD

## 2024 SPRING SEASON DT SCHEDULE

MONDAY through SATURDAY team practice attendance is mandatory.

### PHASE 3

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

##### CORE CIRCUIT

- 90 sec. Pelé matrix (partner)
- 90 sec. sit-up push back (partner)
- 90 sec. strait-leg scoops (partner)
- 90 sec. leg-lift circles (partner)

##### MOBILITY CIRCUIT

- 2 x 20m forward skips w/ arm swing
- 2 x 20m lateral shuffle w/ arm swing
- 2 x 20m lateral crossover-reach back

##### 300m BAREFOOT run (turf lap)

- 20 sec. lateral leg swings
- 20 sec. linear leg swings

##### 300m BAREFOOT run (turf lap)

- 2 x 20m forward rotary run
- 2 x 20m forward quick step
- 4 x 12 wicket strides

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).

##### A CIRCUIT in quad:

- 2 x stadium-step single leg hops
- 20 x triceps dips
- 20 x body-weight rows

##### B CIRCUIT on turf:

- 2 x 10 push-up lateral hops
- 2 x 10 split-lunge hops

##### STRETCH CIRCUIT

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

##### CORE CIRCUIT

- 3 x 40 sec. plank matrix
- 60 sec. V-ups
- 60 sec. chest lifts w/ lateral reach
- 60 sec. 3-ups
- 60 sec. push-up position bird dogs
- 60 sec. alternate single-leg full lift

##### GSM CIRCUIT

- 10 x Sway-back/Cat-back
- 10 x Lateral **abductor** leg-raise
- 10 x Lateral **adductor** leg-raise
- 10 x Scorpion
- 10 x Donkey whip
- 10 x Fire hydrant

##### BAREFOOT RECOMMENDED 40m btwn, 60 seconds each.

##### Jog Variation Between Each:

- 360 jog x 2
- lateral shuffle x 2
- lateral crossover x 2
- lateral saddle swing x 2

- 20m inchworms
- 20m walking pillar dips
- 20m walking leg swings
- 60 sec. hip/trunk rotations
- 60 sec. inverted splits
- 60 sec. inverted scissors
- 60 sec. chest eagles
- 60 sec. back eagles
- 20m backward prisoner-lunge twist

- 4 x 12 wicket strides

##### LADDER DRILLS

1. Forward double-leg "hop scotch"
2. Forward double-leg "slalom"
3. Forward double-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

##### BAREFOOT RECOMMENDED 20m btwn, 60 seconds each.

##### SWISS BALL SIDE:

1. Down-plank tuck pike
2. *Supine* drop push
3. Down-plank alternate lateral leg
4. Left-oblique crunch twist
5. Right-oblique crunch twist
6. *Supine* ball pass
7. Down-plank left-leg lift
8. Down-plank right-leg lift
9. *Supine* leg-lift lateral sweep
10. Back extension, arms straight, alternate reach
11. Trunk rotations, ball btwn ankles

##### MEDICINE BALL SIDE:

1. Around the world, ball overhead
2. Speed skater squats
3. Suitcase press
4. Left-leg pillar clock bounce
5. Right-leg pillar clock bounce
6. Straight-arm reverse circles
7. *Lateral* standing overhead toss
8. Squat jump press
9. Inchworm bounce out/back
10. Standing knee lift straight arm twist
11. Kettle bell swings walk forward/back

##### LOWER LEG CIRCUIT

##### BAREFOOT CIRCUIT

Race-walk sideline btwn each (100m). Perform leg exercise across end-zone (50m). Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

##### STADIUM STEP CIRCUIT

Power walk up and down stadium steps btwn each exercise. Repeat circuit as time allows.

- 60-second right-leg toe taps
- 60-second left-leg toe taps
- 20 x right-side hip-sag gluteal squeeze
- 20 x left-side hip-sag gluteal squeeze
- 20 x right-side single-leg squat taps
- 20 x left-side single-leg squat taps
- 10 x double-leg heel lower-to-raise (inversion/extension)

#### WEIGHT CIRCUIT ROUTINE (wks 11-15) PHASE 3

2-3 circuits: **MAX** weight & speed for power! Focus on **POWER** (maximal force in minimal time) with concentric contractions. Focus on resistance with eccentric contractions! In other words, lift explosively and lower slowly.

##### GENERAL STRENGTH CIRCUIT

- A1. -60-second running arms (dumbbells)
- A2. -8 x push-up rows (dumbbells)
- A3. -2 x 30m resistance-run (band/partner)

- B1. -8 x pull-ups
- B2. -8 x bar dips
- B3. -8 x double-leg squat-press to single-leg run pose, alternating sides (dumbbells)

##### LEG STRENGTH CIRCUIT

1. -2 x 8 x double-leg lateral hops (green hurdles)
2. -8 x double-leg jump up to single-leg run pose, alternating sides (box)

##### STRETCH CIRCUIT ROUTINE

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

##### G-S-M ROUTINE

- 10 x Sway-back/Cat-back
- 10 x Lateral **abductor** leg-raise (inverted/neutral/out)
- 10 x Lateral **adductor** leg-raise (inverted/neutral/out)
- 10 x Scorpion
- 10 x Donkey whip
- 10 x Fire hydrant
- 20 x Bridge-thrust marching

PHASE 1 - WEEK 1: Pre-season Conditioning.						
JANUARY 28	29	30	31	FEBRUARY 1	2	3
<p><b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>WINTER CONDITIONING 3:15PM</b> *Performance Warm up. *EASY run 20 min. *1 x PROGRESSION run 30 min; EASY to 10k pace. *EASY Run 2 min. *6 x 20 sec. surge to 1600m pace w/ 40 sec. jog after each. *EASY run 10 min. *Performance cool down.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>WINTER CONDITIONING: 3:50PM</b> *Fitness warm-up. *RECOVERY run 35, 40, 45 or 50 min. *Race-walk &amp; lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *Morning Circuit.</p> <p><b>WINTER CONDITIONING: 3:15PM</b> *Performance Warm up. *EASY run 25 min. *10 x 150m HILL reps @ 90% max effort w/ jog back recovery btwn each. *EASY run 15 min. *Performance cool down.</p>	<p><b>WINTER CONDITIONING: 3:50PM</b> *GSM Routine. *LSD run 60, 65, 70 or 75 min. *8 x 100m STRIDES. *Stadium step circuit for early finishers. *Leg Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>WINTER CONDITIONING: 3:15PM</b> *Fitness warm-up. *RECOVERY run 35, 40 or 45 min. *Race-walk &amp; lower-leg circuit for early finishers. *General Strength Circuit.</p>	<p><b>WINTER CONDITIONING: 8:30AM</b> *GSM Routine. *LSD run 75, 80, 85 or 90+ min. *Stretch.</p>
PHASE 1 - WEEK 2: Approx max minutes per day: M = 65, T = 60, W = 60, TH = 60, F = 60, S = 80. Approx minute range: 280 – 385. Approx mile range @ 7-minute per-mile average = 40 – 55. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)						
FEBRUARY 4	5	6	7	8	9	10
<p><b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *2 or 3 x 5 min. @ 20k, 1 min. easy, 3 min. @ 10k, 1 min. easy. *4 x 100m Incline @ 800m effort w/ jog back recovery btwn each. *Stadium step circuit to end for all early finishers. *EASY run 10 min. *Performance cool down.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 25, 30, 35 or 40 min. *Race-walk &amp; lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *Morning Circuit.</p> <p><b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *or— *4 x 100m @ 1600m w/ 10 sec. turnaround recovery after each. *2 x 3 min. easy, 3 min. @ 5k, 2 min. easy, 2 min. @ 3200m, 1 min. easy, 1 min. @ 1600m, 30 sec. easy, 30 sec. @ 800m. *EASY run 10 min. *Performance cool down.</p>	<p><b>ALL TEAM: 3:50PM</b> *GSM Routine. *LSD run 45, 50, 55 or 60 min. HILLS or Rim Trail. *6 x 100m @ 800m w/ jog across andzone recovery after each. *Stadium step circuit for early finishers. *Leg Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 200m @ 3200m w/ equal distance rolling recovery after each. *Race-walk &amp; lower-leg circuit for early finishers. *General Strength Circuit.</p>	<p><b>ALL DISTANCE ATHLETES: 8:30AM</b> This practice session will meet at Wagner Ranch Elementary, 350 Camino Pablo, Orinda. *GSM Routine. *LSD run 65, 70, 75 or 80+ min. *Stretch.</p>
PHASE 1 - WEEK 3: Approx max minutes per day: M = 63, T = 60, W = 66, TH = 61, F = 75, S = 85. Approx minute range: 299 – 410. Approx mile range @ 7-minute per-mile average = 43 – 58. 5.4% increase for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)						
FEBRUARY 11	12	13	14	15	16	17
<p><b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *2 x 8 min. @ 20k, 2 min. easy, 3 min. @ 10k, 1 min. easy. *6 x 30 sec. @ 1600m, 60 sec. easy. *EASY run 10 min. *Performance cool down.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 25, 30, 35 or 40 min. *Race-walk &amp; lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *Morning Circuit.</p> <p><b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *80 min. HILL CIRCUIT @ 100% max effort on up hill. EASY run btwn each. *EASY run 15 min. *Performance cool down.</p>	<p><b>ALL TEAM: 3:50PM</b> *GSM Routine. *LSD run 40, 45, 50 or 55 min. *3 x 300m @ 10k w/ 100m rolling recovery btwn each. *Stadium step circuit to for early finishers. *Leg Strength Circuit.</p>	<p><b>NO SCHOOL</b></p> <p><b>ALL TEAM: 9:00AM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *4 x 200m @ 3200m w/ equal distance rolling recovery after each. *Race-walk &amp; lower-leg circuit for early finishers. *General Strength Circuit.</p> <p><b>VETERANS: PM ON YOUR OWN</b> *RECOVERY run 25 min.</p>	<p><b>ALL TEAM: 8:30AM</b> Team Event Testing @ CHS *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *LSD run 45, 50, 60 or 65+ min. *Performance cool down.</p>
PHASE 1 - WEEK 4: Approx max minutes per day: M = 69, T = 70, W = 65, TH = 65, F = 75, S = 85. Approx minute range: 316 – 429. Approx mile range @ 7-minute per-mile average = 45 – 61. 5.1% increase for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)						
FEBRUARY 18	19	20	21	22	23	24
<p><b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.</p>	<p><b>NO SCHOOL</b></p> <p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *3 x 5 min. @ 20k, 1 min. easy, 3 min. @ 10k, 1 min. easy. *4 x 100m Incline @ 800m effort w/ jog back recovery btwn each. *EASY run 10 min. *Performance cool down.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 25 min.</p> <p><b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 30, 35, 40, or 45 min. *Race-walk &amp; lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *Morning Circuit.</p> <p><b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *4 x 100m @ 1600m w/ 10 sec. turnaround recovery after each. *2 x 3 min. easy, 3 min. @ 5k, 2 min. easy, 2 min. @ 3200m, 1 min. easy, 1 min. @ 1600m, 30 sec. easy, 30 sec. @ 800m. *EASY run 10 min. *Performance cool down.</p>	<p><b>ALL TEAM: 3:50PM</b> *GSM Routine. *LSD run 50, 55, 60 or 65 min. HILLS or Rim Trail. *8 x 100m @ 800m w/ jog across andzone recovery after each. *Stadium step circuit for early finishers. *Leg Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 30 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *5 x 200m @ 3200m w/ equal distance rolling recovery after each. *Race-walk &amp; lower-leg circuit for early finishers. *General Strength Circuit.</p>	<p><b>ALL DISTANCE ATHLETES: 8:30AM</b> This practice session will meet at Joaquin Moraga Middle School, 1010 Camino Pablo, Moraga. *GSM Routine. *LSD run 70, 75, 80 or 85+ min. *Stretch.</p>
PHASE 1 - WEEK 5: Approx max minutes per day: M = 67, T = 70, W = 66, TH = 73, F = 77, S = 90. Approx minute range: 329 – 443. Approx mile range @ 7-minute per-mile average = 47 – 63. 3.2% increase for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)						
FEBRUARY 25	26	27	28	29	MARCH 1	2
<p><b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 25 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *2 x 9 min. @ 20k, 2 min. easy, 4 min. @ 10k, 1 min. easy. *4 x 30 sec. @ 1600m, 60 sec. easy. *EASY run 10 min. *Performance cool down.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 25 min.</p> <p><b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 30, 35, 40, or 45 min. *Race-walk &amp; lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *Morning Circuit.</p> <p><b>ALL TEAM: 3:30PM</b> Practice Meet vs. Alhambra @ CHS No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down.</p>	<p><b>ALL TEAM: 3:50PM</b> *GSM Routine. *LSD run 45, 50, 55 or 60 min. *4 x 300m @ 10k w/ 100m rolling recovery btwn each. *Stadium step circuit for early finishers. *Leg Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 30 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *6 x 200m @ 3200m w/ equal distance rolling recovery after each. *Race-walk &amp; lower-leg circuit for early finishers. *General Strength Circuit.</p>	<p><b>ALL DISTANCE ATHLETES: 8:30AM</b> This practice session will meet at Wagner Ranch Elementary, 350 Camino Pablo, Orinda. *GSM Routine. *LSD run 80, 85 or 90+ min. *Stretch.</p>

**PHASE 2 - WEEK 1:** Approx max minutes per day: M = 60, T = 60, W = 50, TH = 66, F = 66, S = 85. Approx minute range: 300 – 387. Approx mile range @ 7-minute per-mile average = 43 – 55. 12% decrease for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)

MARCH 3	4	5	6	7	8	9
<p><b>ON YOUR OWN:</b> *Pool or bike. *Self massage. *Stretch.</p>	<p><b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 10 min. *2 X PROGRESSION run 10 min. EASY to 10k pace. *EASY Run 2 min. *1 x 600m @ 3200m, 400m @ 1600m, 200m @ 800m w/ 200m rolling recovery after each. *EASY run 10 min. *Performance cool down.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 30, 35, or 40 min. *Race-walk &amp; lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *Morning Circuit.</p> <p><b>ALL TEAM: 3:30PM</b> No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs. <b>DAL Meet vs. Miramonte @ CHS</b> *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down.</p>	<p><b>ALL TEAM: 3:50PM</b> *GSM Routine. *LSD run 55, 60 or 65 min. *2 x 600m @ 20k w/ 200m jog recovery btwn each. *Stadium step circuit for early finishers. *Leg Strength Circuit.</p>	<p><b>MUSICAL PERFORMANCE</b></p> <p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 25 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *4 x 80m incline ACCELERATIONS to 85% max velocity on access road w/ jog recovery btwn each. *Race-walk &amp; lower-leg circuit for early finishers. *General Strength Circuit.</p>	<p><b>MUSICAL PERFORMANCE SAT TEST DATE</b></p> <p><b>ALL DISTANCE ATHLETES: 8:30AM</b> This practice session will meet at Joaquin Moraga Middle School, 1010 Camino Pablo, Moraga. *GSM Routine. *LSD run 75, 80 or 85+ min. *Stretch.</p>

**PHASE 2 - WEEK 2:** Approx max minutes per day: M = 60, T = 65, W = 50, TH = 71, F = 71, S = 85. Approx minute range: 313 – 401. Approx mile range @ 7-minute per-mile average = 44 – 57. 3.6% increase for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)

MARCH 10	11	12	13	14	15	16
<p><b>ON YOUR OWN:</b> *Pool or bike. *Self massage. *Stretch.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *3 x 3 min. @ 10k, 1 min. easy, 2 min. @ 5k, 2 min. easy. *4 x 150m Incline @ 800m effort w/ jog back recovery btwn each. *EASY run 10 min. *Performance cool down.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk &amp; lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *Morning Circuit.</p> <p><b>ALL TEAM: 3:30PM</b> Competitors excused at 1:40pm. Bus departs at 1:50pm. <b>DAL Meet vs. Northgate @ NHS</b> *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down.</p>	<p><b>ALL TEAM: 3:50PM</b> *GSM Routine. *LSD run 55, 60 or 65 min. *4 x 'S' Drill on turf, 50%, 70%, 90% max velocity. *Stadium step circuit for early finishers. *Leg Strength Circuit.</p>	<p><b>MUSICAL PERFORMANCE</b></p> <p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 30 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Race-walk &amp; lower-leg circuit for early finishers. *General Strength Circuit.</p>	<p><b>MUSICAL PERFORMANCE</b></p> <p><b>ALL TEAM: TBA</b> Dublin Distance Fiesta @ DHS NO BUS. Get yourself to Dublin HS at time indicated on meet lineup. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *LSD run 45, 50 or 55+ min. *Performance cool down.</p>

**PHASE 2 - WEEK 3:** Approx max minutes per day: M = 60, T = 65, W = 50, TH = 73, F = 74, S = 85. Approx minute range: 317 – 407. Approx mile range @ 7-minute per-mile average = 45 – 58. 1.7% increase for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)

MARCH 17	18	19	20	21	22	23
<p><b>ON YOUR OWN:</b> *Pool or bike. *Self massage. *Stretch.</p>	<p><b>NO SCHOOL</b></p> <p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *100m, 120m, 140m, 160m, 180m, 160m, 140m, 120m, 100m @ 400m w/ walk back recovery after each. *5 min. @ 20k. –or– *20 min. @ 20k. *EASY Run 2 min. *4 x 200m @ 800m w/ 200m jog recovery after each. *EASY run 10 min. *Performance cool down.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk &amp; lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *Morning Circuit.</p> <p><b>ALL TEAM: 3:30PM</b> <b>DAL Meet vs. Clayton Valley @ CVHS</b> Competitors excused at 1:40pm. Bus departs at 1:50pm. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down.</p>	<p><b>ALL TEAM: 3:50PM</b> *GSM Routine. *LSD run 55, 60 or 65 min. *3 x 600m @ 20k w/ 200m jog recovery btwn each. *Stadium step circuit for early finishers. *Leg Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 30 min.</p> <p><b>ALL ATHLETES: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *6 x 80m incline ACCELERATIONS to 85% max velocity on access road w/ jog recovery btwn each. *Race-walk &amp; lower-leg circuit for early finishers. *General Strength Circuit.</p>	<p><b>SELECT ATHLETES: TBA</b> Bay Area Relays @ FHS NO BUS. Get yourself to Foothill HS at time indicated on meet lineup. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *LSD run 45, 50, 60 or 65+ min. *Performance cool down. –or– <b>ALL OTHER ATHLETES: ON OWN</b> *GSM Routine. *LSD run 75, 80 or 85+ min. *Stretch.</p>

**PHASE 2 - WEEK 4:** Approx max minutes per day: M = 64, T = 65, W = 50, TH = 73, F = 71, S = 85. Approx minute range: 318 – 408. Approx mile range @ 7-minute per-mile average = 45 – 58. 0% increase for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)

MARCH 24	25	26	27	28	29	30
<p><b>ON YOUR OWN:</b> *Pool or bike. *Self massage. *Stretch.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *3 x 3 min. @ 10k, 1 min. easy, 2 min. @ 5k, 2 min. easy. *4-6 x 150m incline @ 800m effort w/ jog back recovery btwn each. *EASY run 10 min. *Performance cool down.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk &amp; lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *Morning Circuit.</p> <p><b>ALL TEAM: 3:30PM</b> <b>DAL Meet vs. Las Lomas @ LLHS</b> Competitors excused at 1:40pm. Bus departs at 1:50pm. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down.</p>	<p><b>ALL TEAM: 3:50PM</b> *GSM Routine. *LSD run 55, 60 or 65 min. *4 x 'S' Drill on turf, 50%, 70%, 90% max velocity. *Stadium step circuit for early finishers. *Leg Strength Circuit.</p>	<p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 30 min.</p> <p><b>ALL TEAM: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Race-walk &amp; lower-leg circuit for early finishers. *General Strength Circuit.</p>	<p><b>SELECT ATHLETES: TBA</b> Stanford Invitational @ SU NO BUS. Get yourself to Stanford U at time indicated on meet lineup. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *LSD run 45, 50, 60 or 65+ min. *Performance cool down. –or– <b>ALL OTHER ATHLETES: ON OWN</b> *GSM Routine. *LSD run 75, 80, 85 or 90+ min. *Stretch.</p>

**PHASE 2 - WEEK 5:** Approx max minutes per day: M = 60, T = 65, W = 58, TH = 73, F = 77, S = 90. Approx minute range: 340 – 423. Approx mile range @ 7-minute per-mile average = 48 – 60. 3.4% increase for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)

MARCH 31	APRIL 1	2	3	4	5	6
<p><b>ON YOUR OWN:</b> *Pool or bike. *Self massage. *Stretch.</p>	<p><b>NO SCHOOL</b></p> <p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: ON YOUR OWN</b> *Performance Warm up. *EASY run 20 min. *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *100m, 120m, 140m, 160m, 180m, 160m, 140m, 120m, 100m @ 400m w/ walk back recovery after each. *5 min. @ 20k. –or– *25 min. @ 20k. *EASY Run 2 min. *4 x 200m @ 800m w/ 200m jog recovery after each. *EASY run 10 min. *Performance cool down.</p>	<p><b>NO SCHOOL</b></p> <p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 20 min.</p> <p><b>ALL TEAM: ON YOUR OWN</b> *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Ladder Drills. *General Strength Circuit.</p>	<p><b>NO SCHOOL</b></p> <p><b>VETERANS: AM ON YOUR OWN</b> *Morning Circuit.</p> <p><b>ALL TEAM: ON YOUR OWN</b> *Performance Warm up. *RECOVERY run 20 min. *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *2 x 2 min. @ 3200m, 2 min. easy, 30 sec. @ 3200m, 30 sec. easy, 1 min. @ 3200m, 1 min. easy, 30 sec. @ 800m, 30 sec. easy, 30 sec. @ 800m, 2 min. easy. *EASY run 15 min. *Performance cool down.</p>	<p><b>NO SCHOOL</b></p> <p><b>ALL TEAM: ON YOUR OWN</b> *GSM Routine. *LSD run 55, 60 or 65 min. *3 x 600m @ 20k w/ 200m jog recovery btwn each. *Leg Strength Circuit.</p>	<p><b>NO SCHOOL</b></p> <p><b>VETERANS: AM ON YOUR OWN</b> *RECOVERY run 30 min.</p> <p><b>ALL TEAM: ON YOUR OWN</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *6-8 x 80m incline ACCELERATIONS to 85% max velocity on access road w/ jog recovery btwn each. *General Strength Circuit.</p>	<p><b>ALL DISTANCE ATHLETES: 8:30AM</b> This practice session will meet at Wagner Ranch Elementary, 350 Camino Pablo, Orinda. *GSM Routine. *LSD run 80, 85 or 90+ min. *Stretch.</p>

PHASE 3 - WEEK 1: Approx max minutes per day: M = 60, T = 60, W = 50, TH = 73, F = 66, S = 70. Approx minute range: 294 – 379. Approx mile range @ 7-minute per-mile average = 42 – 54. 10% decrease for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)						
APRIL 7	8	9	10	11	12	13
<b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.	<b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *2 x PROGRESSION run 10 min. EASY to 10k pace. *Run 2 min. *1 x 600m @ 3200m, 400m @ 1600m, 200m @ 800m w/ 200m rolling recovery after each. *EASY run 10 min. *Performance cool down.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 20 min.  <b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 30, 35, or 40 min. *Race-walk & lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.	<b>VETERANS: AM ON OWN</b> *Morning Circuit.  <b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *2 x 100-100-150-200-200 @ 800m w/ 20 sec. btwn reps. 8 min. easy after sets. *4 x 400m @ 3200m w/ 200m easy after each. *–or– *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *8-10 x 500m @ 3200m w/ rolling equal time 300m after each. *EASY run 15 min. *Performance cool down.	<b>ALL TEAM: 3:50PM</b> *GSM Routine. *LSD run 55, 60 or 65 min. *4 x Ins-and-outs: accelerate from jog at top of turn up to 95% max velocity by middle of straight, then decelerate back to jog by top of next turn. *Stadium step circuit for early finishers.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 25 min.  <b>ALL TEAM: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Race-walk & lower-leg circuit for early finishers.	<b>SELECT ATHLETES: TBA</b> <b>West Coast Relays @ BHS</b> <b>NO BUS.</b> Get yourself to Buchanan HS at time indicated on meet lineup. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *LSD run 45, 50 or 55+ min. *Performance cool down *–or– <b>ALL OTHER ATHLETES: 8:30AM</b> *Performance Warm up. *Run 20 min. *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *1600m Time Trial. *EASY run 15 min. *Performance cool down.
PHASE 3 - WEEK 2: Approx max minutes per day: M = 81, T = 65, W = 58, TH = 73, F = 75, S = 45. Approx minute range: 312 – 399. Approx mile range @ 7-minute per-mile average = 44 – 57. 5.5% increase for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)						
APRIL 14	15	16	17	18	19	20
<b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 20 min.  <b>ALL TEAM: 3:15PM</b> *GSM Routine. *LSD run 65, 70 or 75 min. *4 x 100m incline @ 1600m effort w/ jog back recovery btwn each. *Leg Strength Circuit.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 20 min.  <b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.	<b>VETERANS: AM ON OWN</b> *Morning Circuit.  <b>ALL TEAM: 3:30PM</b> <b>DAL Meet vs. Acalanes @ CHS</b> No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down.	<b>ALL TEAM: 3:50PM</b> *GSM Routine. *LSD run 55, 60 or 65 min. *4 x 500m @ 10k w/ 100m walk back recovery btwn each. *Stadium step circuit for early finishers.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 25 min.  <b>ALL TEAM: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Race-walk & lower-leg circuit for early finishers.	<b>ALL TEAM: 8:30AM</b> *Performance Warm up. *Run 20 min. *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *4 x 400m @ 1600m, rolling 200m after each. 4 x 200m @ 800m, rolling 200m after each. *–or– *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *20 min. @ 20k. *EASY run 2 min. *4 x 1 min. @ 1600m, 1 min. easy. *EASY run 15 min. *Performance cool down.
PHASE 3 - WEEK 3: Approx max minutes per day: M = 80, T = 65, W = 60, TH = 63, F = 66, S = 50. Approx minute range: 317 – 384. Approx mile range @ 7-minute per-mile average = 45 – 55. 3.5% decrease for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)						
APRIL 21	22	23	24	25	26	27
<b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 20 min.  <b>ALL TEAM: 3:15PM</b> *GSM Routine. *LSD run 70, 75 or 80 min. w/ final 20 min. PROGRESSION RUN to 10k pace. *Leg Strength Circuit.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 20 min.  <b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.	<b>VETERANS: AM ON OWN</b> *Morning Circuit.  <b>ALL TEAM: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *2 x 100-100-150-200-200 @ 800m w/ 20 sec. btwn reps. 8 min. easy after sets. *4 x 400m @ 3200m w/ 200m easy after each. *–or– *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *8-10 x 500m @ 3200m w/ rolling equal time 300m after each. *EASY run 15 min. *Performance cool down.	<b>ALL TEAM: 3:50PM</b> *Performance Warm up. *LSD run 45, 50 or 55 min. *4 x Ins-and-outs: accelerate from jog at top of turn up to 95% max velocity by middle of straight, then decelerate back to jog by top of next turn. *Stadium step circuit for early finishers.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 25 min.  <b>ALL TEAM: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Race-walk & lower-leg circuit for early finishers.	<b>ALL TEAM: 10:00AM</b> <b>DAL Championship Trials @ CHS</b> Non-competing athletes will be assigned meet hosting job shifts. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down.  <i>At home 15-20 minute ice bath.</i>
PHASE 3 - WEEK 4: Approx max minutes per day: M = 81, T = 65, W = 56, TH = 63, F = 66, S = 50. Approx minute range: 292 – 381. Approx mile range @ 7-minute per-mile average = 42 – 55. 0% increase for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)						
APRIL 28	29	30	MAY 1	2	3	4
<b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 20 min.  <b>ALL TEAM: 3:15PM</b> *GSM Routine. *LSD run 65, 70 or 75 min. *4 x 100m incline @ 1600m effort w/ jog back recovery btwn each. *Leg Strength Circuit.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 20 min.  <b>ALL TEAM: 3:50PM</b> *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.	<b>ALL TEAM: 3:15PM</b> *Performance Warm up. *Run 20 min. *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *3-4 x 300m @ 800m, 50m jog, 150m @ MAX velocity w/ 5 min. easy after each. *5 min. @ 20k. *–or– *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *12 min. @ 20k. *EASY run 2 min. *4 x 1 min. @ 1600m, 1 min. easy. *EASY run 15 min. *Performance cool down.	<b>ALL TEAM: 3:50PM</b> *Performance Warm up. *LSD run 45, 50 or 55 min. *4 x Ins-and-outs: accelerate from jog at top of turn up to 95% max velocity by middle of straight, then decelerate back to jog by top of next turn. *Stadium step circuit for early finishers.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 25 min.  <b>ALL TEAM: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Race-walk & lower-leg circuit for early finishers.	<b>ALL TEAM: 10:00AM</b> <b>DAL Championship Finals @ CHS</b> Non-competing athletes will be assigned meet hosting job shifts. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down.  <i>At home 15-20 minute ice bath.</i>
PHASE 3 - WEEK 5: Approx max minutes per day: M = 80, T = 65, W = 51, TH = 63, F = 66, S = 50. Approx minute range: 290 – 375. Approx mile range @ 7-minute per-mile average = 41 – 54. 1.8% decrease for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)						
MAY 5	6	7	8	9	10	11
<b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 20 min.  <b>VARSIITY: 3:15PM</b> *GSM Routine. *LSD run 70, 75 or 80 min. w/ final 20 min. PROGRESSION RUN to 10k pace. *Leg Strength Circuit.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 20 min.  <b>VARSIITY: 3:50PM</b> *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit for early finishers. *Ladder Drills. *General Strength Circuit.	<b>VARSIITY: 3:15PM</b> *Performance Warm up. *EASY run 20 min. *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *100-110-120-130-140-150-160-170-180-190-200m start first rep @ 1600m and increase pace each rep so that final rep is @ 400m. w/ equal distance run back btwn each. *EASY run 15 min. *Performance cool down.  <i>At home 15-20 minute ice bath.</i>	<b>VARSIITY: 3:50PM</b> *Performance Warm up. *LSD run 45, 50 or 55 min. *4 x Ins-and-outs: accelerate from jog at top of turn up to 95% max velocity by middle of straight, then decelerate back to jog by top of next turn. *Stadium step circuit for early finishers.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 25 min.  <b>VARSIITY: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Race-walk & lower-leg circuit for early finishers.	<b>VARSIITY: AM TBA</b> <b>NCS Tri-Valley Finals @ Foothill HS</b> <b>NO BUS.</b> Get yourself to Foothill HS at time indicated on meet lineup. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down.  <i>At home 15-20 minute ice bath.</i>

PHASE 4 - WEEK 1: Approx max minutes per day: M = 81, T = 52, W = 59, TH = 36, F = 50, S = 50. Approx minute range: 303 – 328. Approx mile range @ 7-minute per-mile average = 43 – 47. 13% decrease for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)						
MAY 12	13	14	15	16	17	18
<b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.	<b>VARSIITY: 3:15PM</b> *GSM Routine. *LSD run 70 or 75 min. *3 x 80m incline ACCELERATIONS to 95% max velocity on access road w/ walk recovery btwn each.	<b>VARSIITY: 3:50PM</b> *Performance Warm up. *Run 20 min. *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *3-4 x 300m @ 900m, 50m jog, 150m @ MAX velocity w/ 5 min. easy after each. *5 min. @ 20k. *or- *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *12 min. @ 20k. *EASY run 2 min. *4 x 1 min. @ 1600m, 1 min. easy. *EASY run 15 min. *Performance cool down. At home 15-20 minute ice bath.	<b>VETERANS: AM ON OWN</b> *RECOVERY run 20 min.  <b>VARSIITY: 3:15PM</b> *Performance Warm up. *EASY run 25 min. *6 x 500m @ 10k w/ 100m walk back recovery btwn each. *EASY run 5 min. *Ladder Drills. *or- *Fitness warm-up. *RECOVERY run 35 min.	<b>VARSIITY: 3:50PM</b> *Fitness warm-up. *RECOVERY run 30 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Fitness cool down. *or- *Fitness warm-up. *EASY run 30 min. *EASY run 30 min. *6 x 500m @ 10k w/ 100m walk back recovery btwn each. *EASY run 5 min. *Ladder Drills.	<b>VARSIITY: PM TBA</b> <b>NCS MOC Trials @ Dublin HS</b> Parent carpool athletes to Dublin HS at time indicated on meet lineup. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down. *or- <b>VARSIITY: 3:15PM</b> *Fitness warm-up. *RECOVERY run 30 min. *3 x 200m @ 3200m w/ rolling 200m after each.	<b>VARSIITY: PM TBA</b> <b>NCS MOC Finals @ Dublin HS</b> NO BUS. Get yourself to Dublin HS at time indicated on meet lineup. *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down. At home 15-20 minute ice bath.
PHASE 4 - WEEK 2: Approx max minutes per day: M = 76, T = 51, W = 59, TH = 36, F = 50, S = 50. Approx minute range: 297 – 302. Approx mile range @ 7-minute per-mile average = 42 – 43. 10% decrease for highest volume athletes. (Athletes with a slower average pace will run fewer miles while athletes with a faster average pace will run more miles.)						
MAY 19	20	21	22	23	24	25
<b>ON YOUR OWN:</b> *Pool or bike. *Self message. *Stretch.	<b>VARSIITY: 3:15PM</b> *GSM Routine. *LSD run 65 or 70 min. *3 x 80m incline ACCELERATIONS to 95% max velocity on access road w/ walk recovery btwn each.	<b>VARSIITY: 3:50PM</b> *Performance Warm up. *EASY run 20 min. *4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. *100-110-120-130-140-150-160-170-180-190-200m start first rep @ 1600m and increase pace each rep so that final rep is @ 400m w/ equal distance run back btwn each. *EASY run 15 min. *Performance cool down. At home 15-20 minute ice bath.	<b>VARSIITY: 3:15PM</b> *Performance Warm up. *EASY run 25 min. *6 x 500m @ 10k w/ 100m walk back recovery btwn each. *EASY run 5 min. *Ladder Drills. *or- *Fitness warm-up. *RECOVERY run 35 min.  <b>ALL TEAM: 5:30PM</b> Awards Night @ CHS MU.	<b>VARSIITY: 3:50PM</b> *Fitness warm-up. *RECOVERY run 30 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Fitness cool down. *or- *Fitness warm-up. *EASY run 30 min. *6 x 500m @ 10k w/ 100m walk back recovery btwn each. *EASY run 5 min. *Ladder Drills.	<b>VARSIITY: PM TBA</b> <b>CIF Trials @ Buchanan HS</b> *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down. *or- <b>VARSIITY: 3:15PM</b> *Fitness warm-up. *RECOVERY run 25 min. *3 x 200m @ 3200m w/ rolling 200m after each.	<b>VARSIITY: PM TBA</b> <b>CIF Finals @ Buchanan HS</b> *Performance Warm up. *Run 20+ min. <b>COMPETITION</b> *EASY run 20 min. *Performance cool down.

MONDAY through SATURDAY team practice attendance is mandatory. Schedule conflicts with competition and/or daily practice must be discussed face-to-face with coaches well in advance.

## VOLUME RECOMMENDATIONS:

Veteran AM core circuits on Mondays and Wednesdays are recommended for 2nd, 3rd and 4th-year athletes.

Veteran AM runs on Tuesdays and Fridays are recommended for 3rd & 4th-year athletes who have maintained a consistent training progression over the previous 12 months.

Time and repetition ranges are noted for several workout sessions. When 4 separate run times are indicated, it is recommended that 1st-year athletes choose the shortest duration, 2nd-year athletes choose the next longest duration, and so on. When only 3 run times are indicated, it is recommended that 1st-year athletes choose the shortest duration, 2nd-year athletes choose the next longest duration, and 3rd & 4th-year athletes choose the longest duration. When a range of repetitions is indicated, it is recommended that 1st-year athletes do the fewest repetitions, 2nd-year athletes do 1 additional repetition, and 3rd & 4th-year athletes do the most repetitions.

## PACE EXPLANATIONS:

**PRE:** Perceived Rate of Exertion. We will often discuss training paces using a scale from 1-10, with 1 being walking effort and 10 being maximal sprint effort.

**RECOVERY:** PRE = 3.5; This is approximately 2 minutes slower per mile than 5k date pace. For example, an athlete with a 5k date pace of 6 minutes per mile should run at a velocity of about 8 minutes per mile for RECOVERY effort. These runs can range in length from 25 to 50 minutes. The objective of a RECOVERY run is to provide gentle aerobic stimuli with minimal musculo-skeletal stress in order to promote optimal tissue repair. While "jogging" is often synonymous with careless, mechanically inefficient movement patterns, RECOVERY pace running should be conducted with mindful mechanical efficiency in order to reinforce optimal movement patterns.

**EASY:** PRE = 3-4; This is similar to RECOVERY run effort. EASY pace running is used prior to, following, and/or in between higher intensity efforts like workout segments or races. Preceding a workout or race, athletes should begin at a PRE of 3 and gradually increase effort to a 4 over the course of the proscribed run time. Following or in between higher intensity efforts, athletes should begin at a PRE of 4 and either maintain or gradually reduce effort to a 3 over the course of the proscribed run time. Note: While "jogging" is often synonymous with careless, mechanically inefficient movement patterns, EASY pace running should be conducted with mindful mechanical efficiency in order to reinforce optimal movement patterns.

**LSD:** PRE = 4.5; This is aerobic development pace, slightly higher in intensity than RECOVERY and EASY effort running. The purpose of Long Sustained Distance running of 40 to 90 minutes in duration is to stimulate adaptive response in various aerobic pathways, including cardio-vascular power and efficiency, mitochondrial density and efficiency, metabolic efficiency, muscle fiber size, and fatigue resistance. Given that the largest energy contribution comes from the aerobic system for races of 800m or longer, LSD paced running is the cornerstone of distance training. Extending the length of the Long Sustained Paced run over the course of the season and over the course of the high school career is essential for reaching endurance performance potential.

**20k:** PRE = 6; Often called "threshold" effort, this pace is about 30 seconds per mile slower than 5k date pace. It should be the fastest pace you can sustain for about a half-marathon (13 miles). This is the running effort at which the aerobic system is no longer able to supply the necessary energy to sustain the pace. This effort level creeps just beyond the "aerobic threshold", the point at which lactate acid levels in the blood stream begin to increase. 20k paced running should feel "comfortably quick", allowing maintenance of breathing rhythm and sustained mental focus. Only slightly faster than LSD pace, you should be able to sustain 20k pace with only slightly more effort and recover from it quickly. In segmented training, a rest interval of 1 minute should be sufficient. Training at this pace promotes improved lactate recycling and fatigue buffering. These adaptations allow you to sustain faster paces for longer durations.

**10k:** PRE = 7; Known to some as "critical velocity" (CV), this pace is about 15 seconds per mile slower than 5k date pace. 10k effort is approximately 90% of 5k effort and often used for training segments of 3 minutes in duration with relatively short recovery. Training at this pace is optimal for increasing the oxidative capacity of type II muscle fibers and improving stamina at higher velocities. This velocity is particularly beneficial due to the high adaptive stimulus with relatively low musculoskeletal stress.

**5k:** PRE = 8; This pace is approaching the VO2max window, wherein sustained effort becomes noticeably more difficult. Training at this pace stimulates adaptive response to the various pathways responsible for oxygen utilization and mechanical efficiency with more significant stress on the musculoskeletal system.

**3200m, 1600m & 800m:** PRE = 8.5-9.5; VO2max pace and sub-VO2max pace training. These training efforts are useful for reaching potential oxygen utilization capacity as well as developing and optimizing neuromuscular pathways, running economy, and power. In addition, training at these race paces is critical for developing race-pace awareness and race-specific mental endurance. These paces are most stressful to the musculoskeletal system and therefore account for the smallest fraction of total volume over the training cycle.