

COUGAR TRACK & FIELD

2025 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 CIRCUIT (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 (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

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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 CIRCUIT (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

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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 CIRCUIT (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

<p>FEBRUARY 2</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>3</p> <p>AM:</p> <p>20 min. RECOVERY RUN. Med-Ball Core Circuit A</p> <p>PM:</p> <p>Performance warm up 20 min. WARM UP RUN. 30 min. PROGRESSION RUN: EASY to 10k pace (RPE = 4-7). 5 x 30 sec. surge to 1600m pace w/ 30 sec. jog after each (RPE = 9). 10 min. EASY RUN. Performance cool down 3 x Strength circuit.</p>	<p>4</p> <p>PM:</p> <p>Fitness warm up B. LSD 60-75 min (RPE = 4.5). 3 x Leg Strength Circuit.</p>	<p>5</p> <p>AM:</p> <p>20 min. RECOVERY RUN. Med-Ball Core Circuit A</p> <p>PM:</p> <p>Fitness warm up A 40-50 min. RECOVERY RUN (RPE = 3.5). Fitness cool down 3 x Strength circuit.</p>	<p>6</p> <p>PM:</p> <p>Performance warm up 20 min. EASY RUN. 8-10 x 150m HILL reps @ 90% Max Effort w/ jog recovery btwn each (RPE = 9). 10 min. EASY RUN. Performance cool down 3 x Leg Strength Circuit.</p>	<p>7</p> <p>AM:</p> <p>20 min. RECOVERY RUN. Med-Ball Core Circuit B</p> <p>PM:</p> <p>Fitness warm up A 35-45 min. RECOVERY RUN (RPE = 3.5). 10 x 100m STRIDES Fitness cool down 3 x Strength circuit.</p>	<p>8</p> <p>AM: 9:00am @ Redwood Park, Oakland. LSD 80-90+ min (RPE = 4.5).</p>
<p>FEBRUARY 9</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>10</p> <p>1ST DAY OF SEASON</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •RECOVERY run 20 min. (RPE 3.5) •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •2 or 3 x 5 min. @ 20k, 1 min. easy, 3 min. @ 10k, 1 min. easy (RPE=6) •4 x 100m Incline @ 800m effort w/ jog back recovery btwn each (RPE=9.5) •Stadium step circuit to end for all early finishers. •EASY run 10 min. •Performance cool down. 	<p>11</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 25 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Fitness warm-up •RECOVERY run 25 min. •Ladder Drills. •General Strength Circuit. 	<p>12</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •2 x 4 min. easy 4 min. @ 10k, 1 min. easy 3 min. @ 5k, 2 min. easy 2 min. @ 3200m, 1 min. easy, 1 min. @ 1600m, 30 sec. easy, 30 sec. @ 800m (RPE=7-9) •EASY run 10 min. •Performance cool down. 	<p>13</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 45, 50, 55 min. HILLS on Rim Trail. (RPE=4.5) •5 x 100m @ 800m w/ jog across endzone recovery after each. (RPE=9.5) •Lower-leg circuit for early finishers. •Leg Strength Circuit. 	<p>14</p> <p>NO SCHOOL</p> <p>ALL TEAM: 9:00AM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. •3 x 60 sec. @ 5k w/ 60 sec. easy btwn each. (RPE=8) •General Strength Circuit. <p>VETERANS: PM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 30 min. (RPE 4) 	<p>15</p> <p>ALL TEAM: 8:30AM</p> <p>This practice session will meet at Wagner Ranch Elementary, 350 Camino Pablo, Orinda.</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 60, 65, 70 or 75+ min (RPE=4.5) •Stretch. <p>VETERANS: PM ON OWN</p> <ul style="list-style-type: none"> •Morning Fitness Circuit.
<p>FEBRUARY 16</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>17</p> <p>NO SCHOOL</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •RECOVERY run 20 min. (RPE 3.5) •Morning Fitness Circuit. <p>ALL TEAM: 3:00PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •2 x 8 min. @ 20k, 2 min. easy, 3 min. @ 10k, 1 min. easy (RPE=6) •3 x 30 sec. @ 1600m, 60 sec. easy (RPE=9) •EASY run 10 min. •Performance cool down. 	<p>18</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 35 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Fitness warm-up •RECOVERY run 25 min. (RPE 3.5) •Ladder Drills. •General Strength Circuit. 	<p>19</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •30 min. HILL CIRCUIT @ 100% max effort on up hill, EASY run btwn each. (RPE=10) •EASY run 15 min. •Performance cool down. 	<p>20</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 40, 45, 50 min. (RPE=4.5) •3 x 300m @ 20k w/ 100m rolling recovery btwn each. (RPE=6) •Lower-leg circuit for early finishers. •Leg Strength Circuit. 	<p>21</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 35 min. (RPE 4) <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •4 x 60 sec. @ 5k w/ 60 sec. easy btwn each. (RPE=8) •General Strength Circuit. 	<p>22</p> <p>ALL TEAM: 8:30AM</p> <p>Team Event Testing @ CHS</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP Run 20+ min. <p>COMPETITION</p> <ul style="list-style-type: none"> •LSD run 40, 50, 55 or 60+ min (RPE=4.5) •Performance cool down. <p>VETERANS: PM ON OWN</p> <ul style="list-style-type: none"> •Morning Fitness Circuit.
<p>FEBRUARY 23</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>24</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •RECOVERY run 20 min. (RPE 3.5) •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •3 x 5 min. @ 20k, 1 min. easy, 3 min. @ 10k, 1 min. easy (RPE=6) •4 x 100m Incline @ 800m effort w/ jog back recovery btwn each (RPE=9.5) •EASY run 10 min. •Performance cool down. 	<p>25</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 35 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Fitness warm-up •RECOVERY run 30 min. (RPE 3.5) •Ladder Drills. •General Strength Circuit. 	<p>26</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •2 x 4 min. easy 4 min. @ 10k, 1 min. easy 3 min. @ 5k, 2 min. easy 2 min. @ 3200m, 1 min. easy, 1 min. @ 1600m, 30 sec. easy, 30 sec. @ 800m (RPE=7-9) •EASY run 10 min. •Performance cool down. 	<p>27</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 45, 50, 55 min. HILLS on Rim Trail. (RPE=4.5) •5 x 100m @ 800m w/ jog across endzone recovery after each. (RPE=9.5) •Lower-leg circuit for early finishers. •Leg Strength Circuit. 	<p>28</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 40 min. (RPE 4) <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •5 x 60 sec. @ 5k w/ 60 sec. easy btwn each. (RPE=8) •General Strength Circuit. 	<p>MARCH 1</p> <p>ALL TEAM: 8:30AM</p> <p>This practice session will meet at Wagner Ranch Elementary, 350 Camino Pablo, Orinda.</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 70, 75, 80 or 85+ min (RPE=4.5) •Stretch. <p>VETERANS: PM ON OWN</p> <ul style="list-style-type: none"> •Morning Fitness Circuit.
<p>MARCH 2</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>3</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •RECOVERY run 25 min. (RPE 3.5) •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •2 x 9 min. @ 20k, 2 min. easy, 4 min. @ 10k, 1 min. easy (RPE=6) •4 x 30 sec. @ 1600m, 60 sec. easy (RPE=9) •EASY run 10 min. •Performance cool down. 	<p>4</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 40 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Fitness warm-up •RECOVERY run 30 min. (RPE 3.5) •Ladder Drills. •General Strength Circuit. 	<p>5</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: 3:30PM</p> <p>Practice Meet vs. College Park @ CHS</p> <p>No early dismissal, HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs.</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP Run 20+ min. <p>COMPETITION</p> <ul style="list-style-type: none"> •EASY run 20 min. •Performance cool down. 	<p>6</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 45, 50, 55 min. (RPE=4.5) •4 x 300m @ 20k w/ 100m rolling recovery btwn each. (RPE=6) •Lower-leg circuit for early finishers. •Leg Strength Circuit. 	<p>7</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 40 min. (RPE 4) <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •5 x 60 sec. @ 5k w/ 60 sec. easy btwn each. (RPE=8) •General Strength Circuit. 	<p>8</p> <p>ALL TEAM: 8:30AM</p> <p>This practice session will meet at Joaquin Moraga Middle School, 1010 Camino Pablo, Moraga.</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 80, 85 or 90+ min (RPE=4.5) •Stretch. <p>VETERANS: PM ON OWN</p> <ul style="list-style-type: none"> •Morning Fitness Circuit.

<p>MARCH 9</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>10</p> <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 10 min. •2 x PROGRESSION run 10 min. •EASY to 10k pace. (RPE=4-7) •EASY Run 2 min. •1 x 600m @ 3200m, 400m @ 1600m, 200m @ 800m w/ 200m rolling recovery after each. (RPE=8.5-9.5) •EASY run 10 min. •Performance cool down. 	<p>11</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 30 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 30 min. (RPE 3.5) •Ladder Drills. •General Strength Circuit. 	<p>12</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: 3:30PM</p> <p>Competitors excused at 1:40pm. Bus departs at 1:50pm.</p> <p>DAL Meet vs. Miramonte @ MHS</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP Run 20+ min. COMPETITION •EASY run 20 min. •Performance cool down. 	<p>13</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •GSM Routine. •1SD run 40, 45 min. (RPE=4.5) •2 x 600m @ 20k w/ 200m jog recovery btwn each. (RPE=6) •Lower-leg circuit for early finishers. •Leg Strength Circuit. 	<p>14</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 35 min. (RPE 4) <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •1 x 80m incline ACCELERATIONS to 95% max velocity on access road w/ jog recovery btwn each. (RPE=10) •General Strength Circuit. 	<p>15</p> <p>SAT TEST</p> <p>DATE</p> <p>ALL TEAM: 8:30AM</p> <p>This practice session will meet at Wagner Ranch Elementary, 350 Camino Pablo, Orinda.</p> <ul style="list-style-type: none"> •GSM Routine. •1SD run 65, 70 or 75+ min. (RPE=4.5) •Stretch. <p>VETERANS: PM ON OWN</p> <ul style="list-style-type: none"> •Morning Fitness Circuit.
<p>MARCH 16</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>17</p> <p>NO SCHOOL</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •RECOVERY run 20 min. (RPE 3.5) •Morning Fitness Circuit. <p>ALL TEAM: 3:00PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •3 x 3 min. @ 10k, 1 min. easy, 2 min. @ 5k, 2 min. easy. (RPE=7-8) •4 x 150m incline @ 800m effort w/ jog back recovery btwn each. (RPE=9.5) •EASY run 10 min. •Performance cool down. 	<p>18</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 35 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 30 min. (RPE 3.5) •Ladder Drills. •General Strength Circuit. 	<p>19</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: 3:30PM</p> <p>No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs.</p> <p>DAL Meet vs. Clayton Valley @ CHS</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP Run 20+ min. COMPETITION •EASY run 20 min. •Performance cool down. 	<p>20</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •GSM Routine. •1SD run 40, 45 min. (RPE=4.5) •1 x 'S' Drill on turf. 50%, 70%, 90% max velocity. (RPE=8-10) •Lower-leg circuit for early finishers. •Leg Strength Circuit. 	<p>21</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 35 min. (RPE 4) <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •3 x 200m @ 3200m w/ rolling 200m after each. (RPE=8.5) •General Strength Circuit. 	<p>22</p> <p>SELECT ATHLETES: TBA</p> <p>Dublin Distance Fiesta @ DHS</p> <p>NO BUS. Get yourself to Dublin HS at time indicated on meet lineup.</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP Run 20+ min. COMPETITION •1SD run 50, 55 or 50+ min. (RPE=4.5) •Performance cool down <p>–or–</p> <p>ALL OTHER ATHLETES: 8:30AM</p> <p>This practice session will meet at Joaquin Moraga Middle School, 1010 Camino Pablo, Moraga.</p> <ul style="list-style-type: none"> •GSM Routine. •1SD run 70, 75 or 80+ min. (RPE=4.5) •Stretch.
<p>MARCH 23</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>24</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •RECOVERY run 20 min. (PRE 3.5) •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP 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. (RPE=9) •5 min. @ 20k. (RPE=6) –or– •20-25 min. @ 20k. (RPE=6) •EASY Run 2 min. •4 x 30 sec. @ 800m w/ 60 sec. jog recovery after each. (RPE=9.5) •EASY run 10 min. •Performance cool down. 	<p>25</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 35 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 30 min. (RPE 3.5) •Ladder Drills. •General Strength Circuit. 	<p>26</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: 3:30PM</p> <p>DAL Meet vs. Northgate @ CHS</p> <p>No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs.</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP Run 20+ min. COMPETITION •EASY run 20 min. •Performance cool down. 	<p>27</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •GSM Routine. •1SD run 40, 45 min. (RPE=4.5) •3 x 600m @ 20k w/ 200m jog recovery btwn each. (RPE=6) •Lower-leg circuit for early finishers. •Leg Strength Circuit. 	<p>28</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 40 min. (RPE 4) <p>ALL ATHLETES: 3:15PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •5 x 80m incline ACCELERATIONS to 95% max velocity on access road w/ jog recovery btwn each. (RPE=10) •General Strength Circuit. 	<p>29</p> <p>SELECT ATHLETES: TBA</p> <p>Bay Area Relays @ FHS</p> <p>NO BUS. Get yourself to Foothill HS at time indicated on meet lineup.</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP Run 20+ min. COMPETITION •5 x 80m incline ACCELERATIONS to 95% max velocity on access road w/ jog recovery btwn each. (RPE=10) •Performance cool down. <p>–or–</p> <p>ALL OTHER ATHLETES: ON OWN</p> <ul style="list-style-type: none"> •GSM Routine. •1SD run 75, 80 or 85+ min. (RPE=4.5) •Stretch. <p>VETERANS: PM ON OWN</p> <ul style="list-style-type: none"> •Morning Fitness Circuit.
<p>MARCH 30</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>31</p> <p>NO SCHOOL</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •RECOVERY run 20 min. (RPE 3.5) •Morning Fitness Circuit. <p>ALL TEAM: PM ON OWN</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •3 x 3 min. @ 10k, 1 min. easy, 2 min. @ 5k, 2 min. easy. (RPE=7-8) •4-5 x 150m incline @ 800m effort w/ jog back recovery btwn each. (RPE=9.5) •EASY run 10 min. •Performance cool down. 	<p>APRIL 1</p> <p>NO SCHOOL</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 35 min. (RPE 4) <p>ALL TEAM: PM ON OWN</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 30 min. (RPE 3.5) •Ladder Drills. •General Strength Circuit. 	<p>2</p> <p>NO SCHOOL</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: PM ON OWN</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •4 x 100m @ 1600m w/ 10 sec turnaround recovery after each. (RPE=9) •2 x 2 min. @ 3200m, 2 min. easy, 90 sec. @ 3200m, 90 sec easy, 1 min. @ 3200m, 1 min. easy, 30 sec. @ 800m, 30 sec. easy, 30 sec. @ 800m, 2 min. easy. (RPE=8.5-9.5) •5 min. @ 20k. (RPE=6) •EASY run 10 min. •Performance cool down. 	<p>3</p> <p>NO SCHOOL</p> <p>ALL TEAM: PM ON OWN</p> <ul style="list-style-type: none"> •GSM Routine. •1SD run 45, 50 min. (RPE=4.5) •1 x 'S' Drill on turf. 50%, 70%, 90% max velocity. (RPE=8-10) •Lower-leg circuit for early finishers. •Leg Strength Circuit. 	<p>4</p> <p>NO SCHOOL</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 40 min. (RPE 4) <p>ALL TEAM: PM ON OWN</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •3 x 200m @ 3200m w/ rolling 200m after each. (RPE=8.5) •General Strength Circuit. 	<p>5</p> <p>ALL TEAM: ON OWN</p> <ul style="list-style-type: none"> •GSM Routine. •1SD run 75, 80, 85 or 90+ min. (RPE=4.5) •Stretch. <p>VETERANS: PM ON OWN</p> <ul style="list-style-type: none"> •Morning Fitness Circuit.

<p>APRIL 6</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>7</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •RECOVERY run 20 min. (RPE 3.5) •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP 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. (RPE=9) •5 min. @ 20k. (RPE=6) –or– •25 min. @ 20k. (RPE=6) •EASY Run 2 min. •4 x 30 sec. @ 800m w/ 60 sec. jog recovery after each. (RPE=9.5) •EASY run 10 min. •Performance cool down. 	<p>8</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 35 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 30 min. (RPE 3.5) •Ladder Drills. •General Strength Circuit. 	<p>9</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •4 x 100m @ 1600m w/ 10 sec. turnaround recovery after each. (RPE=9) •2 x 100-100-150-150-200-200 @ 800m w/ 20 sec. btwn reps, 8 min. easy after sets. (RPE=8.5) •4 x 400m @ 3200m w/ 200m easy after each. (RPE=8.5) –or– •4 x 100m @ 1600m w/ 10 sec. turnaround recovery after each. (RPE=9) •8-10 x 500m @ 3200m w/ rolling equal time 300m after each. (RPE=8.5) •EASY run 10 min. •Performance cool down. 	<p>10</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 45, 50 min. (RPE=4.5) •3 x 600m @ 20k w/ 200m jog recovery btwn each. (RPE=6) •Lower-leg circuit for early finishers. •Leg Strength Circuit. 	<p>11</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 40 min. (RPE 4) <p>ALL TEAM: ON YOUR OWN</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •3 x 80m incline ACCELERATIONS to 95% max velocity on access road w/ jog recovery btwn each. (RPE=10) •General Strength Circuit. 	<p>12</p> <p>ALL TEAM: 8:30AM</p> <p><i>This practice session will meet at Joaquin Moraga Middle School, 1010 Camino Pablo, Moraga.</i></p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 80, 85 or 90+ min. (RPE=4.5) •Stretch. <p>VETERANS: PM ON OWN</p> <ul style="list-style-type: none"> •Morning Fitness Circuit.
<p>APRIL 13</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>14</p> <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •2 x PROGRESSION run 10 min. EASY to 10k pace. (RPE=4-7) •EASY Run 2 min. •1 x 600m @ 3200m, 400m @ 1600m, 200m @ 800m w/ 200m rolling recovery after each. (RPE=8.5-9.5) •EASY run 10 min. •Performance cool down. 	<p>15</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 25 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •Ladder Drills. •General Strength Circuit. 	<p>16</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: 3:30PM</p> <p>DAL Meet vs. Las Lomas @ CHS</p> <p><i>No early dismissal. HELP SET UP FOR MEET immediately after your final period! Non-competing athletes will be assigned meet hosting jobs.</i></p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP Run 20+ min. COMPETITION •EASY run 20 min. •Performance cool down. 	<p>17</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 40, 45 min. (RPE=4.5) •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. (RPE=10) •Lower-leg circuit for early finishers. •Leg Strength Circuit. 	<p>18</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 30 min. (RPE 4) <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •3 x 200m @ 3200m w/ rolling 200m after each. (RPE=8.5) •General Strength Circuit. 	<p>19</p> <p>JUNIOR PROM</p> <p>SELECT ATHLETES: TBA</p> <p>Granada Distance & Sprint Festival @ GHS</p> <p><i>NO BUS. Get yourself to Granada HS at time indicated on meet lineup.</i></p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP Run 20+ min. COMPETITION •EASY run 20 min. •Performance cool down –or– ALL OTHER ATHLETES: 8:30AM •Performance Warm up. •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.
<p>APRIL 20</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>21</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •RECOVERY run 20 min. (RPE 3.5) •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 65, 70 or 75 min. (RPE=4.5) •4 x 100m incline @ 1600m effort w/ jog back recovery btwn each. (RPE=9) •Leg Strength Circuit. 	<p>22</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 30 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 30 min. (RPE 3.5) •Ladder Drills. •General Strength Circuit. 	<p>23</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: 3:30PM</p> <p>DAL Meet vs. Acalanes @ AHS</p> <p><i>Competitors excused at 1:40pm. Bus departs at 1:50pm.</i></p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP Run 20+ min. COMPETITION •EASY run 20 min. •Performance cool down. 	<p>24</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 40, 45 min. (RPE=4.5) •4 x 500m @ 10k w/ 100m walk back recovery btwn each. (RPE=7) •Lower-leg circuit for early finishers. •Leg Strength Circuit. 	<p>25</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 30 min. (RPE 4) <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •3 x 200m @ 3200m w/ rolling 200m after each. (RPE=8.5) •General Strength Circuit. 	<p>26</p> <p>SENIOR BALL</p> <p>ALL TEAM: 8:30AM</p> <ul style="list-style-type: none"> •Performance Warm up. •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.
<p>APRIL 27</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> •Pool or bike. •Self massage. •Stretch. 	<p>28</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •RECOVERY run 20 min. (RPE 3.5) •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •GSM Routine. •LSD run 70, 75 or 80 min. w/ final 20 min. PROGRESSION RUN to 10k pace. (RPE=4-7) •Leg Strength Circuit. 	<p>29</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 30 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 30 min. (RPE 3.5) •Ladder Drills. •General Strength Circuit. 	<p>30</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •SHAKE OUT run 10 min. •Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP run 20 min. •4 x 100m @ 1600m w/ 10 sec. turnaround recovery after each. (RPE=9) •2 x 100-100-150-150-200-200 @ 800m w/ 20 sec. btwn reps, 8 min. easy after sets. (RPE=9.5) •4 x 400m @ 3200m w/ 200m easy after each. (RPE=8.5) –or– •4 x 100m @ 1600m w/ 10 sec. turnaround recovery after each. (RPE=9) •8-10 x 500m @ 3200m w/ rolling equal time 300m after each. (RPE=8.5) •EASY run 10 min. •Performance cool down. 	<p>MAY 1</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> •Performance Warm up. •LSD run 40, 45 min. (RPE=4.5) •6 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. (RPE=10) •Lower-leg circuit for early finishers. 	<p>2</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> •MAINTENANCE run 30 min. (RPE 4) <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> •Fitness warm-up. •RECOVERY run 25 min. (RPE 3.5) •3 x 150m @ 3200m w/ 50m walk btwn each. (RPE=8.5) 	<p>3</p> <p>ALL TEAM: 10:00AM</p> <p>DAL Championship Trials @ CHS</p> <p><i>Non-competing athletes will be assigned meet hosting job shifts.</i></p> <ul style="list-style-type: none"> •Performance Warm up. •WARM UP Run 20+ min. COMPETITION •EASY run 20 min. •Performance cool down. <p><i>At home 15-20 minute ice bath.</i></p>

<p>MAY 4</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> Pool or bike. Self massage. Stretch. 	<p>5 AP TEST DATE</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> RECOVERY run 20 min. (RPE 3.5) Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> GSM Routine. LSD run 65, 70 or 75 min. (RPE=4.5) 4 x 100m incline @ 1600m effort w/ jog back recovery btwn each. (RPE=9) Leg Strength Circuit. 	<p>6 AP TEST DATE</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> MAINTENANCE run 30 min. (RPE 4) <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> Fitness warm-up. RECOVERY run 30 min. (RPE 3.5) Ladder Drills. General Strength Circuit. 	<p>7 AP TEST DATE</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> SHAKE OUT run 10 min. Morning Fitness Circuit. <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> Performance Warm up. WARM UP Run 20 min. 2 x 100m @ 1600m w/ 10 sec. turnaround recovery after each. (RPE=9) 3-4 x 300m @ 800m, 50m jog, 150m @ MAX velocity w/ 5 min. easy after each. (RPE=9-5-10) 5 min. @ 20k. (RPE=6) —or— 4 x 100m @ 1600m w/ 10 sec. turnaround recovery after each. (RPE=9) 15 min. @ 20k. (RPE=6) EASY run 2 min. 4 x 1 min. @ 1600m, 1 min. easy. (RPE=9) EASY run 10 min. Performance cool down. 	<p>8 AP TEST DATE</p> <p>ALL TEAM: 3:50PM</p> <ul style="list-style-type: none"> Performance Warm up. LSD run 45, 50 min. (RPE=4.5) 5 x 500m @ 10k w/ 100m walk back recovery btwn each. (RPE=7) Lower-leg circuit for early finishers. 	<p>9 AP TEST DATE</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> MAINTENANCE run 30 min. (RPE 4) <p>ALL TEAM: 3:15PM</p> <ul style="list-style-type: none"> Fitness warm-up. RECOVERY run 25 min. (RPE 3.5) 3 x 150m @ 3200m w/ 50m walk btwn each. (RPE=8.5) 	<p>10</p> <p>ALL TEAM: 10:00AM</p> <p>DAL Championship Finals @ CHS</p> <p>Non-competing athletes will be assigned meet hosting job shifts.</p> <ul style="list-style-type: none"> Performance Warm up. WARM UP Run 20+ min. COMPETITION EASY run 20 min. Performance cool down. <p>At home 15-20 minute ice bath.</p>
<p>MAY 11</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> Pool or bike. Self massage. Stretch. 	<p>12 AP TEST DATE</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> RECOVERY run 20 min. (RPE 3.5) Morning Fitness Circuit. <p>VARSIITY: 3:15PM</p> <ul style="list-style-type: none"> GSM Routine. LSD run 70, 75 or 80 min. w/ final 20 min. PROGRESSION RUN to 10k pace. (RPE=4-7) Leg Strength Circuit. 	<p>13 AP TEST DATE</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> MAINTENANCE run 30 min. (RPE 4) <p>VARSIITY: 3:50PM</p> <ul style="list-style-type: none"> Fitness warm-up. RECOVERY run 30 min. (RPE 3.5) Ladder Drills. General Strength Circuit. 	<p>14 AP TEST DATE</p> <p>VARSIITY: 3:15PM</p> <ul style="list-style-type: none"> Performance Warm up. WARM UP 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. (RPE=9-10) EASY run 10 min. Performance cool down. <p>At home 15-20 minute ice bath.</p>	<p>15 AP TEST DATE</p> <p>VARSIITY: 3:50PM</p> <ul style="list-style-type: none"> Performance Warm up. LSD run 45, 50 min. (RPE=4.5) 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. (RPE=10) Lower-leg circuit for early finishers. 	<p>16 AP TEST DATE</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> MAINTENANCE run 30 min. (RPE 4) <p>VARSIITY: 3:15PM</p> <ul style="list-style-type: none"> Fitness warm-up. RECOVERY run 25 min. (RPE 3.5) 3 x 150m @ 3200m w/ 50m walk btwn each. (RPE=8.5) 	<p>17</p> <p>VARSIITY: AM TBA</p> <p>NCS Tri-Valley Finals @ TBA</p> <p>NO BUS. Get yourself to TBA at time indicated on meet lineup.</p> <ul style="list-style-type: none"> Performance Warm up. WARM UP Run 20+ min. COMPETITION EASY run 20 min. Performance cool down. <p>At home 15-20 minute ice bath.</p>
<p>MAY 18</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> Pool or bike. Self massage. Stretch. 	<p>19</p> <p>VARSIITY: 3:15PM</p> <ul style="list-style-type: none"> GSM Routine. LSD run 70 or 75 min. (RPE=4.5) 3 x 80m incline ACCELERATIONS to 95% max velocity on access road w/ walk recovery btwn each. 	<p>20</p> <p>VARSIITY: 3:50PM</p> <ul style="list-style-type: none"> Performance Warm up. WARM UP Run 20 min. 2 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. (RPE=6) —or— 4 x 100m @ 1600m w/ 10 sec. turnaround recovery after each 12 min. @ 20k. (RPE=6) EASY run 2 min. 4 x 1 min. @ 1600m, 1 min. easy EASY run 10 min. Performance cool down. <p>At home 15-20 minute ice bath.</p>	<p>21 AWARDS NIGHT</p> <p>VETERANS: AM ON OWN</p> <ul style="list-style-type: none"> RECOVERY run 20 min. (RPE 3.5) <p>VARSIITY: 3:15PM</p> <ul style="list-style-type: none"> Performance Warm up. MAINTENANCE run 25 min. (RPE 4) 6 x 500m @ 10k w/ 100m walk back recovery btwn each. (RPE=7) EASY run 5 min. Ladder Drills. —or— Fitness warm-up. RECOVERY run 35 min. <p>ALL TEAM: 5:30PM</p> <p>Awards Night @ CHS MU.</p>	<p>22</p> <p>VARSIITY: 3:50PM</p> <ul style="list-style-type: none"> Fitness warm-up. RECOVERY run 30 min. (RPE 3.5) 3 x 150m @ 3200m w/ 50m walk btwn each. (RPE=8.5) Fitness cool down. —or— Fitness warm-up. MAINTENANCE run 30 min. (RPE 4) 6 x 500m @ 10k w/ 100m walk back recovery btwn each. (RPE=7) EASY run 5 min. Ladder Drills. 	<p>23</p> <p>VARSIITY: PM TBA</p> <p>NCS MOC Trials @ Dublin HS</p> <p>Parent carpool athletes to Dublin HS at time indicated on meet lineup.</p> <ul style="list-style-type: none"> Performance Warm up. WARM UP Run 20+ min. COMPETITION EASY run 20 min. Performance cool down. —or— VARSIITY: 3:15PM Fitness warm-up. RECOVERY run 30 min. (RPE 3.5) 3 x 150m @ 3200m w/ 50m walk btwn each. (RPE=8.5) 	<p>24</p> <p>VARSIITY: PM TBA</p> <p>NCS MOC Finals @ Dublin HS</p> <p>NO BUS. Get yourself to Dublin HS at time indicated on meet lineup.</p> <ul style="list-style-type: none"> Performance Warm up. WARM UP Run 20+ min. COMPETITION EASY run 20 min. Performance cool down. <p>At home 15-20 minute ice bath.</p>
<p>MAY 25</p> <p>ON YOUR OWN:</p> <ul style="list-style-type: none"> Pool or bike. Self massage. Stretch. 	<p>26 NO SCHOOL</p> <p>VARSIITY: 3:15PM</p> <ul style="list-style-type: none"> 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. 	<p>27 FINAL EXAMS</p> <p>VARSIITY: 3:50PM</p> <ul style="list-style-type: none"> Performance Warm up. WARM UP 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 10 min. Performance cool down. <p>At home 15-20 minute ice bath.</p>	<p>28 FINAL EXAMS</p> <p>VARSIITY: 3:15PM</p> <ul style="list-style-type: none"> Performance Warm up. MAINTENANCE run 25 min. (RPE 4) 6 x 500m @ 10k w/ 100m walk back recovery btwn each. (RPE=7) EASY run 5 min. Ladder Drills. —or— Fitness warm-up. RECOVERY run 35 min. 	<p>29 FINAL EXAMS</p> <p>VARSIITY: 3:50PM</p> <ul style="list-style-type: none"> Fitness warm-up. RECOVERY run 30 min. (RPE 3.5) 3 x 150m @ 3200m w/ 50m walk btwn each. (RPE=8.5) Fitness cool down. —or— Fitness warm-up. EASY run 30 min. 6 x 500m @ 10k w/ 100m walk back recovery btwn each. (RPE=7) EASY run 5 min. Ladder Drills. 	<p>30 FINAL EXAMS / GRADUATION</p> <p>VARSIITY: PM TBA</p> <p>CIF Trials @ Buchanan HS</p> <ul style="list-style-type: none"> Performance Warm up. WARM UP Run 20+ min. COMPETITION EASY run 20 min. Performance cool down. —or— VARSIITY: PM TBA Fitness warm-up. RECOVERY run 25 min. (RPE 3.5) 3 x 150m @ 3200m w/ 50m walk btwn each. (RPE=8.5) 	<p>31 SAT TEST DATE</p> <p>VARSIITY: PM TBA</p> <p>CIF Finals @ Buchanan HS</p> <ul style="list-style-type: none"> Performance Warm up. WARM UP Run 20+ min. COMPETITION 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 training is 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 a range of time or repetitions is indicated, it is recommended that 1st-year athletes do the fewest and 3rd & 4th-year athletes do the most.

PACE EXPLANATIONS:

RPE: Rate of Perceived 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: RPE = 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 musculoskeletal 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: RPE = 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 RPE 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: RPE = 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: RPE = 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: RPE = 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: RPE = 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: RPE = 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.