

# 2009 SPRING SEASON MD SCHEDULE

MONDAY through FRIDAY TRACK team practice attendance is mandatory.

Schedule conflicts with daily practice must be discussed with coaches!

• 800m (all team) + 500m to 600m (distance) **EASY run**

1 x 20m heel to toe walk  
1 x 20m forward leg swing (slow/control down swing)  
1 x 20m forward knee lift (pull up with hands)  
2 x 20m forward skips w/ arm swing + circle arms  
2 x 20m lateral shuffle  
2 x 20m lateral crossovers

• 500m **MEDIUM run**

2 x 20m forward quick lift  
2 x 20m forward straight leg scissor  
2 x 20m forward "h" A skips  
2 x 20m forward knee lift  
2 x 20m forward heel lift (rotary running)

• 500m **MEDIUM run (opposite direction)**

A: 4 x 60m quick lift ladder run

B: 4 x 60m accelerations (focus on posture, pelvic tilt, knee lift & foot acceleration) -accelerate to 80%, 85%, 90%, 95% max velocity.

2 minute continuous abdominals (30 seconds per activity)

• **800m EASY run**

2 x 20m forward lunge

Toe tappers (30 seconds each side)

• **800m EASY run**

6 minute abdominal circuit (60 seconds per activity)

Stretch circuit

15 minute ice bath: stand in garbage can up to hips or sit in bath tub with cold water and ice.

• **400m easy run**

8 x 40-60m jog / strength circuit:

A: -chest raises (3 count) -side leg lifts & hip rotations -push-ups  
 -pistons (prone "h" position) -triceps dips  
 -scoops  
 -hurdle position leg lifts  
 -standing "h" (progress to strike drill) -front bridges

B: -knee bent oscillating heel reach -scorpions (hands & knees) heel to sky -alternate reach legs up  
 -hydrants  
 -double arm-double leg -push-ups  
 -leg lifts -tables (hips up) -side bridges

**Jog Variation Between Each:**

-backward jog x 2  
 -360 skip (progress to backward) x 2 -crossover forward jog x 2  
 -wide step forward jog x 2

Choose A, B or C (each drill limited to ONCE per week)

A: V-jumps (30 seconds)

B: Burpees

C: 4 minute plank drill

AND

2 x 20-30m barefoot drills

-crazy feet (toes up/out, toes up/in, heels up/out, heels up/in) -quick lift (activate hip flexor & dorsa flex feet)

Stretch circuit

**2009 SPRING SEASON MD SCHEDULE**

Activities Subject to Change.

Practice is **NEVER** Cancelled!

FEBRUARY 1 Phase 1 Week 1 REST DAY NO RUN. •Stretch.	2 •Performance Warm up. •Run <b>EASY 20min.</b> •4 x 150m @ 1600m pace with 250m jog between each. •Performance cool down. •Stretch	3 •Fitness Warm up. •Run <b>EASY 20-30 min.</b> •Fitness cool down. •Stretch.	4 •Performance Warm up. •Run <b>EASY 10 min.</b> •2-4 x <b>Figure Eight HILL REPETITIONS @ 100%</b> max velocity on up hill, EASY jog between each. •Performance cool down. •Stretch.	5 •Fitness Warm up •Run <b>LSD 30-55min.</b> •Fitness cool down. • <b>Med Ball Circuit.</b> •Stretch	6 •Fitness warm-up. •Run <b>EASY 20-30 min.</b> •2 x <b>diagonal STRIDES on turf.</b> •Fitness cool down. •Stretch.	7 •Spin/Med Ball/Weight circuit training. •Stretch.
FEBRUARY 8 •Run <b>LSD 4-8 miles.</b> •Stretch.	9 •Performance Warm up. •3-5 x 800m @ 97% VO2 (5k race pace) with 4 min. jog between each. •4 x 150m @ 1600m pace with 250m jog between each. •Performance cool down. •Stretch.	10 •Fitness warm-up. •Run <b>EASY 20-30 min.</b> •Fitness cool down. • <b>Med Ball Circuit.</b> •Stretch. • <b>Weight circuit training.</b>	11 •Performance Warm up. •Run <b>EASY 10 min.</b> •2-4 x <b>Figure Eight HILL REPETITIONS @ 100%</b> max velocity on up hill, EASY jog between each. •Performance cool down. •Stretch.	12 •Fitness warm-up. •Run <b>LSD 45-55 min.</b> •2 x 200m @ 3200m pace with equal distance jog between each. •Fitness cool down. • <b>Med Ball Circuit.</b> •Stretch. • <b>Weight circuit training.</b>	13 •Fitness warm-up. •Run <b>EASY 25-35 min.</b> •2 x <b>diagonal STRIDES on turf.</b> •Fitness cool down. •Stretch.	14 •Spin/Med Ball/Weight circuit training. •Stretch.
FEBRUARY 15 •Run <b>LSD 5-9 miles.</b>	16 •Performance Warm up. •2-4 x 1600m @ 95%	17 •Fitness warm-up. •Run <b>EASY 25-35 min.</b>	18 •Performance Warm up. •Run <b>EASY 10 min.</b> •2-4 x <b>Figure Eight HILL REPETITIONS @ 100%</b> max velocity on up hill, EASY jog between each. •Performance cool down. •Stretch.	19 •Fitness warm-up. •Run <b>LSD 50-60 min.</b>	20 <b>RACE: Team Time Trials @ College Park HS</b>	21 •Spin/Med Ball/Weight circuit training.

•Stretch.	VO2 (10k race pace) with 3 min. jog between each. •4-6 x 150m @ 1600m pace with 250m jog between each. •Performance cool down. •Stretch.	•Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.		•3 x 200m @ 3200m pace with equal distance jog between each. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	•Performance Warm up. •300m & 1200m Time Trial. •Run EASY 20 min. •Performance cool down. •Stretch.	•Stretch.
FEBRUARY 22	23	24		26	27	28
•Run LSD 6-10 miles. •Stretch.	•Performance Warm up. •3-5 x 1000m @ 97% VO2 (5k race pace) with 4 min. jog between each. •2 x 200m, 4 x 150m @ 1600m pace with 200m, 250m jog between each. •Performance cool down. •Stretch.	•Fitness warm-up. •Run EASY 30-40 min. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.		•Fitness warm-up. •Run LSD 55-65 min. •4 x 200m @ 3200m pace with equal distance jog between each. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	<u>RACE: Purple vs. White Practice Meet</u> @ College Park HS  •Run EASY 25 min.  •Performance cool down. •Stretch.	•Spin/Med Ball/Weight circuit training. •Stretch.
MARCH 1	2	3	4	5	6	7
•Run LSD 6-11 miles. •Stretch.	•Performance Warm up. •2-4 x 2000m @ 95% VO2 (10k race pace) with 3 min. jog between each. •4 x 200m, 2 x 150m @ 1600m pace with 200m, 250m jog between each. •Performance cool down. •Stretch.	•Fitness warm-up. •Run EASY 35-45 min. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	•Performance Warm up. •Run EASY 10 min. •4-6 x Figure Eight HILL REPETITIONS @ 100% max effort on up hill, EASY jog between each. •Performance cool down. •Stretch.	•Fitness warm-up. •Run LSD 60-70 min. •4 x 200m @ 3200m pace with equal distance jog between each. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	•Fitness warm-up. •Run EASY 30-40 min. •2 x diagonal STRIDES on turf. •Fitness cool down. •Stretch.	<u>RACE: East Bay Invitational</u> @ Monte Vista HS

MARCH 8 Phase 2 Week 1 REST DAY NO RUN. •Stretch.	9 •Fitness warm-up. •"Field" Trip. •Stretch.	10 •Fitness warm-up. •Run EASY 20-30 min. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.		12 •Fitness warm-up. •Run LSD 40-50 min. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	13 <b>RACE: Dan Gabor Distance Festival @ Amador Valley HS</b>	14 <b>RACE: Dan Gabor Sprint Festival @ Amador Valley HS</b>
MARCH 15 •Run LSD 4-8 miles. •Stretch.	16 •Performance Warm up. •3-5 x 1000m @ 5k pace (97% VO2) with 3 min. jog between each. •2 x 250m, 2 x 200m @ 1600m pace with 150/200m jog recovery between each. •Performance cool down. •Stretch.	17 •Fitness warm-up. •Run EASY 25-35 min. •Fitness cool down. •Med Ball Circuit. •Stretch  •Weight circuit training.	18 <b>RACE: DVAL Meet vs. Clayton Valley @ College Park HS</b>	19 •Fitness warm-up. •Run LSD 45-55 min. •3 x 200m @ 3200m pace with equal distance jog btwn each. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	20 •Fitness warm-up. •Run EASY 20-30 min. •2 x diagonal STRIDES on turf. •Fitness cool down. •Stretch.	21 •Performance Warm up. •250m, 200m, 150m, 150m @ 400m pace w/ 10 min. recovery WALK between each. •Run EASY 10 min.  •Spin/Med Ball/Weight circuit training. •Stretch.
MARCH 22 •Run LSD 5-9 miles. •Stretch.	23 •Performance Warm up. •20 min. TEMPO RUN @ 10k pace (95% VO2). •2 x 250m, 2 x 200m @ 1600m pace with 150/200m jog recovery between each. •Performance cool down. •Stretch.	24 •Fitness warm-up. •Run EASY 25-35 min. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	25 <b>RACE: DVAL Meet vs. Mt. Diablo, Berean Christian @ College Park HS</b>	26 •Fitness warm-up. •Run LSD 50-60 min. •4 x 200m @ 3200m pace with equal distance jog between each. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	27 <b>RACE: Stanford Invitational</b>  or •Fitness warm-up. •Run EASY 25-35 min. •2 x diagonal STRIDES on turf. •Fitness cool down. •Stretch.	28 <b>RACE: Stanford Invitational</b>  or •Performance Warm up. •3 x 300-200-100m @ 800m pace w/ next rep distance jog between reps and 8 min. jog between sets. •Performance cool down. •Stretch.  •Weight circuit training.
MARCH 29 •Run LSD 6-10 miles. •Stretch.	30 •Performance Warm up. •4-6 x 1000m @ 5k pace (97% VO2) with 3 min. jog between each. •300m, 250m, 2 x 200m @ 1600m pace with 150/200m jog recovery between each. •Performance cool down. •Stretch.	31 •Fitness warm-up. •Run EASY 35-45 min. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	APRIL 1 •Performance Warm up. •Run EASY 10 min. •2-3 x 700m @ 3200m pace (100% VO2), walk 100m turn, 300m, jog 200m, 200m, jog 100m, 100m @ 800m pace (120% VO2), 8 min. run between sets. •Performance cool down. •Stretch.	2 •Fitness warm-up. •Run LSD 60-70 min. •4 x 200m @ 3200m pace with equal distance jog between each. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	3 •Fitness warm-up. •Run EASY 30-40 min. •2 x diagonal STRIDES on turf. •Fitness cool down. •Stretch.	4 •Performance Warm up. •250m, 200m, 200m, 150m @ 400m pace w/ 10 min. recovery WALK between each. •Run EASY 10 min.  •Spin/Med Ball/Weight circuit training. •Stretch.
APRIL 5 •Run LSD 7-11 miles. •Stretch.	6 •Performance Warm up. •20 min. TEMPO RUN @ 10k pace (95% VO2). •300m, 250m, 2 x 200m @ 1600m pace with 150/200m jog recovery between each. •Performance cool down. •Stretch.	7 •Fitness warm-up. •Run EASY 35-45 min. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	8 •Performance Warm up. •Run EASY 10 min. •4-6 x 400m @ 1600m pace (110% VO2) with equal time recovery between reps., 8 min jog after set. •2 x 3 x 200m @ 800m pace (120% VO2) with diagonal jog btwn sets, 8 min jog btwn sets. •Performance cool down. •Stretch.	9 •Fitness warm-up. •Run LSD 60-70 min. •4 x 200m @ 3200m pace with equal distance jog between each. •Fitness cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	10 •Fitness warm-up. •Run EASY 30-40 min. •2 x diagonal STRIDES on turf. •Fitness cool down. •Stretch.	11 •Performance Warm up. •3 x 300-200-100m @ 800m pace w/ next rep distance jog recovery between reps and 8 min. jog between sets. •Performance cool down. •Stretch.  •Weight circuit training.

2009 SPRING SEASON MD SCHEDULE

Activities Subject to Change. Practice is **NEVER** Cancelled!

<p>APRIL 12</p> <p>Phase 3 Week 1 REST DAY NO RUN. •Stretch.</p>	<p>13</p> <p>•Fitness warm-up. •<b>Scavenger Hunt Race.</b> •Stretch.</p>	<p>14</p> <p>•Fitness warm-up. •Run <b>EASY 20-30 min.</b> •Fitness cool down. •<b>Med Ball Circuit.</b> •Stretch.</p> <p>•<b>Weight circuit training.</b></p>	<p>15</p> <p>•Performance Warm up. •Run <b>EASY 10 min.</b> •<b>2 x 400-200-200m</b> @ 120% VO2 (800m race pace) with equal distance</p> <p>jog recovery between reps, 8 min jog between sets. •Performance cool down.</p>	<p>16</p> <p>•Fitness warm-up. •Run <b>LSD 40-50 min.</b> •<b>3 x 200m @ 3200m</b> pace with equal distance jog between each. •Fitness cool down.</p> <p>•<b>Med Ball Circuit.</b> •Stretch.</p> <p>•<b>Weight circuit training.</b></p>	<p>17</p> <p>•Fitness warm-up. •Run <b>EASY 20-30 min.</b> •<b>2 x diagonal STRIDES</b> on turf. •Fitness cool down. •Stretch.</p> <p>or</p> <p><b>RACE: Mt. SAC</b></p>	<p>18</p> <p><b>RACE: Phillips-McCain Invitational @ Campo</b></p> <p>or</p> <p><b>RACE: Mt. SAC</b></p>
<p>APRIL 19</p> <p>•Run <b>LSD 4-8 miles.</b> •Stretch.</p>	<p>20</p> <p>•Performance Warm up. •<b>800-1000-1200-1000-800m @ 5k pace</b> (97% VO2) with 2/2:30/3/2:30 min. recovery. •<b>300m, 3 x 250m @ 1600m</b> pace with 150m jog recovery between each. •Performance cool down. •Stretch.</p>	<p>21</p> <p>•Fitness warm-up. •Run <b>EASY 25-35 min.</b> •Fitness cool down. •<b>Med Ball Circuit.</b> •Stretch.</p> <p>•<b>Weight circuit training.</b></p>	<p>22</p> <p><b>RACE: DVAL Meet vs. Concord, Ygnacio Valley @ Ygnacio Valley HS</b></p>	<p>23</p> <p>•Fitness warm-up. •Run <b>EASY 25 min.</b> •<b>3-4 x 700m @ 10k pace</b> (95% VO2) with 60 sec. walk across recovery between each. •Fitness cool down. •<b>Med Ball Circuit.</b> •Stretch.</p> <p>•<b>Weight circuit training.</b></p>	<p>24</p> <p>•Fitness warm-up. •Run <b>EASY 20-30 min.</b> •<b>2 x diagonal STRIDES</b> on turf. •Fitness cool down. •Stretch.</p>	<p>25</p> <p>•Performance Warm up. •<b>2-3 x 100-200-300m THRESHOLD INTERVALS @ 800m</b> pace (120% VO2) with 20 sec. between reps, 8 min. jog between sets. •Performance cool down. •Stretch.</p> <p>•<b>Weight circuit training.</b></p>
<p>APRIL 26</p> <p>•Run <b>LSD 5-9 miles.</b> •Stretch.</p>	<p>27</p> <p>•Performance Warm up. •<b>20 min. TEMPO RUN @ 95% VO2</b> (10k race pace). •<b>300m, 3x 250m @ 1600m</b> pace with 150m jog recovery between each. •Performance cool down. •Stretch.</p>	<p>28</p> <p>•Fitness warm-up. •Run <b>EASY 25-35 min.</b> •Fitness cool down. •<b>Med Ball Circuit.</b> •Stretch.</p> <p>•<b>Weight circuit training.</b></p>	<p>29</p> <p><b>RACE: DVAL Meet vs. Northgate @ College Park HS</b></p>	<p>30</p> <p>•Fitness warm-up. •Run <b>LSD 50-60 min.</b> •<b>4 x 200m @ 3200m</b> pace with equal distance jog between each. •Fitness cool down. •<b>Med Ball Circuit.</b> •Stretch.</p> <p>•<b>Weight circuit training.</b></p>	<p>MAY 1</p> <p>•Fitness warm-up. •Run <b>EASY 30-40 min.</b> •<b>2 x diagonal STRIDES</b> on turf. •Fitness cool down. •Stretch.</p>	<p>2</p> <p><b>RACE: Sacramento Meet of Champions</b></p> <p>or</p> <p>•Performance Warm up. •Run <b>EASY 10 min.</b> •<b>2-3 x 400-200-200m @ 120% VO2</b> (800m race pace) with equal distance jog recovery btwn reps, 8 min jog between sets. •Performance cool down. •Stretch.</p>
<p>MAY 3</p> <p>•Run <b>LSD 6-10 miles.</b> •Stretch.</p>	<p>4</p> <p>•Performance Warm up. •<b>5-7 x 800m @ 5k pace</b> (97% VO2) with 2 min. recovery between each. •<b>2 x 300m, 2 x 250m @ 1600m</b> pace with 100/150m jog recovery between each. •Performance cool down. •Stretch.</p>	<p>5</p> <p>•Fitness warm-up. •Run <b>EASY 35-45 min.</b> •Fitness cool down. •<b>Med Ball Circuit.</b> •Stretch.</p> <p>•<b>Weight circuit training.</b></p>	<p>6</p> <p>•Performance Warm up. •<b>3 x 100-200-300m THRESHOLD INTERVALS @ 800m</b> pace (120% VO2) with 20 sec. between reps, 8 min jog between sets. •Performance cool down. •Stretch.</p>	<p>7</p> <p>•Fitness warm-up. •Run <b>EASY 30-40 min.</b> •<b>2 x diagonal STRIDES</b> on turf. •Fitness cool down. •<b>Med Ball Circuit.</b> •Stretch.</p> <p>•<b>Weight circuit training</b></p>	<p>8</p> <p>•Performance warm-up. •Run <b>EASY 10 min.</b> •<b>5-6 x 700m @ 3200m</b> pace (100% VO2) with 2.5 min. recovery between each. •Performance cool down. •Stretch.</p>	<p>9</p> <p>•<b>Spin/Med Ball/Weight circuit training.</b> •Stretch.</p>
<p>MAY 10</p> <p>•Run <b>LSD 3-7 miles.</b> •Stretch.</p>	<p>11</p> <p>•Performance Warm up. •<b>2 x 60m SPEED @ 100% velocity.</b> •Run <b>EASY 10 min.</b> •<b>1 x 1000m, 6 x 500m @ 10k pace</b> (95% VO2) with 100m walk back recovery between each. •Performance cool down. •Stretch.</p> <p>or</p>	<p>12</p> <p><b>RACE: DVAL FS Finals @ Ygnacio Valley HS</b></p> <p>or</p> <p>•Fitness warm-up. •Run <b>EASY 25-35 min.</b> •Fitness cool down. •<b>Med Ball Circuit.</b> •Stretch.</p>	<p>13</p> <p><b>RACE: DVAL VAR Trials @ Ygnacio Valley HS</b></p>	<p>14</p> <p>•Fitness warm-up. •Run <b>EASY 25-35 min.</b> •Fitness cool down. •Stretch.</p>	<p>15</p> <p><b>RACE: DVAL VAR Finals @ Ygnacio Valley HS</b></p>	<p>16</p> <p>•<b>Spin/Med Ball/Weight circuit training.</b> •Stretch.</p>

	<ul style="list-style-type: none"><li>•Post season warm up.</li><li>•Run <b>EASY 25 min.</b></li><li>•Post season cool down.</li><li>•Stretch.</li></ul>					
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MAY 17 <b>VARSIITY</b> REST DAY NO RUN.	18 <b>VARSIITY</b> •Performance Warm up. •2 x 60m SPEED @ 100% velocity. •Run EASY 10 min. •1200m @ 1600m pace (110% VO2). •Run EASY 10 min. •2 x 300m @ 800m pace (120% VO2) with equal distance jog recovery between each. •Stretch.	19 <b>VARSIITY</b> •Post season warm up. •Run EASY 35 min. Post season cool down. •Med Ball Circuit. •Stretch.  •Weight circuit training.	20 <b>VARSIITY</b> •Performance Warm up. •Run EASY 10 min. •1200m @ 100% velocity. •2 x 3 x 200m @ 100% velocity with equal jog recovery between each. •Post season cool down. •Stretch.	21 <b>VARSIITY</b> •Post season warm up. •1 x 1000m, 5 x 500m @ 10k pace (95% VO2) with complete 100m walk back recovery between each. •Post season cool down. •Med Ball Circuit. •Stretch.	22 <b>VARSIITY</b> •Post season warm up. •Run EASY 20 min. •Stretch.	23 <b>RACE: NCS Finals</b> @ 9:00am
MAY 24 <b>VARSIITY</b> •Run EASY 20 min. •Stretch.	25 <b>VARSIITY</b> •Post season warm up. •Run EASY 30 min. •Post season cool down. •Stretch.	26 <b>VARSIITY</b> •Performance Warm up. •Run EASY 10 min. •1000m @ 100% velocity. •Run EASY 10 min. •2 x 3 x 200m @ 100% velocity with equal distance jog between each. •Post season cool down.  •Stretch.	27 <b>VARSIITY</b> •Post season warm up. •5-6 x 500m @ 10k pace (95% VO2) with complete 100m walk back recovery between each. •Post season cool down. •Stretch.	28 <b>VARSIITY</b> •Post season warm up. •Run EASY 20 min. •Post season cool down. •Stretch.	29 <b>RACE: MOC Trials</b> @ 1:00pm  •Run EASY 20 min. •Stretch.	30 <b>RACE: MOC Finals</b> @ 1:00pm
MAY 31 <b>VARSIITY</b> •Run EASY 20 min. •Stretch.	JUNE 1 <b>VARSIITY</b> •Post season warm up. •Run EASY 25 min. •Post season cool down. •Stretch.	2 <b>VARSIITY</b> •Performance Warm up. •800m @ 1600m pace (110% VO2). •Run EASY 10 min. •3 x 200m @ max effort with equal distance jog between each. •Post season cool down.  •Stretch.	3 <b>VARSIITY</b> •Post season warm up. •4-5 x 500m @ 10k pace (95% VO2) with complete walk back recovery. •Post season cool down. •Stretch.	4 <b>VARSIITY</b> •Run EASY 20 min. •Stretch.	5 <b>RACE: CIF Trials</b> @Buchanan HS, Clovis  •Run EASY 20 min. •Stretch.	6 <b>RACE: CIF Finals</b> @Buchanan HS, Clovis

End time for practice & competition is APPROXIMATE.  
Actual end time may vary.

MONDAY through FRIDAY cross country team practice attendance is mandatory.  
Schedule conflicts with daily practice must be discussed with coaches PRIOR to absence!