

FALCON TRACK & FIELD

2011 SPRING SEASON LD SCHEDULE

MONDAY through SATURDAY track & field team practice attendance is mandatory.

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

1 x 10 forward hurdle walkovers
1 x 10 backward hurdle walkovers

• 800m EASY run

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

• 400m EASY run

10 x lateral leg swings on fence
10 x linear leg swings on fence

• 400m MEDIUM run

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

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

3 x 30m accelerate, 10m sprint, 30m decelerate

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

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

10 x Reverse Hyper leg lift
2 x 10m Fwd/Bkwd Lunge w/ Twist
10 x Push Ups
10 x Dbl Leg Hop Ups on bench

• 400m EASY run

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

• 800m BAREFOOT EASY run on turf (three turf laps)

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

Stretch circuit

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

• 800m EASY run

A: CIRCUIT

9 x 60m jog / strength circuit:

-inverted splits/scissors
-hip/trunk rotations, on back, shldr flat
-hurdle position leg lifts
-hands & knees scorpions
-sit ups, hands through knees
-hands & knees hydrants
-opposite arm/leg raises, on chest
-scoops
-side leg raises, toe twists

Jog Variation Between Each:

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

B: CIRCUIT

9 x 60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-hands & knees bird dogs
-pistons, "h" position to full extension
-side clams
-oscillating heel reach
-full squats
-chest lifts
-standing "h"

Jog Variation Between Each:

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

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

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

barefoot drill circuit on grass:

-ground grabbers
-heel to toe calf raise walk
-toes up/out, toes up/in, heels up/out, heels up/in

4 minute plank drill: continuous rotation: front-plank/side-plank/back-plank

Stretch circuit

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

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

• 800m EASY run

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

• 400m EASY run

10 x lateral leg swings on fence
10 x linear leg swings on fence

• 400m MEDIUM run

2 x 15m forward "h" skips
2 x 15m forward rotary run

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

3 x lateral in place dbl leg hops, 30m accelerate, 20m sprint, 30m decelerate

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

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

10 x Reverse Hyper leg lift
2 x 10m Fwd lunge/forearm dip
10 x Push Ups SPIDER
2 x 10m dbl leg lateral hop-squats

• 400m EASY run

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

• 800m BAREFOOT EASY run on turf (three turf laps)

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

Stretch circuit

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

• 800m EASY run

A: CIRCUIT

9 x 60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-arm stand, side leg hold, toe twists
-opposite arm/leg raises w/ lateral movement, on chest
-hands & knees forward hip rotations over hurdle
-suitcases, on tail bone
-chest lifts
-pistons, "h" position to full extension
-hands & knees backward hip rotations over hurdle

Jog Variation Between Each:

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

B: CIRCUIT

9 x 60m jog / strength circuit:

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

Jog Variation Between Each:

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

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

-2 x 10 speed skater squats
-2 x 10m banana rolls

barefoot drill circuit on grass:

-ground grabbers
-heel to toe calf raise walk
-toes up/out, toes up/in, heels up/out, heels up/in

4 minute plank drill: continuous rotation: front-plank/side-plank/back-plank w/ straight leg lifts

Stretch circuit

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NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

2 x 10 over/under hurdle walkovers

• 800m EASY run

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

• 400m EASY run

10 x lateral leg swings on fence
10 x linear leg swings on fence

• 400m MEDIUM run

2 x 20m forward "B" skips-
-30m accelerate
2 x 20m forward rotary run-
-30m accelerate
2 x 20m forward/lateral quick skip
-30m accelerate

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

3 x lateral in place dbl leg hops, 180
turn, 30m accelerate, 30m
sprint, 30m decelerate

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

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

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

• 400m EASY run

2 x 10m power bounds
10 x Triceps Dips w/ leg lift
10 x Lateral Dbl Leg Hop Up on bench

• 800m BAREFOOT EASY run on turf (three turf laps)

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

Stretch circuit

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

• 800m EASY run

A: CIRCUIT

7 x 40-60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-push up position, bird dogs
-arm stand, side leg raises, toe twists
-arm/leg scissors, on chest
-v-ups
-super dogs straight leg lift

Jog Variation Between Each:

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

B: CIRCUIT

7 x 40-60m jog / strength circuit:

-inverted leg splits & scissors
-hip/trunk rotations, on back, shldr flat
-hands & knees, Donkey Whips
-straight leg lifts/scissors, on back
-legs up arm crawl, on chest
-scoop thrusts
-standing "h" SWITCH drill

Jog Variation Between Each:

-forward skip x 2
-backward skip x 2
-360 skip x 2

FITNESS COOL-DOWN (wks 11-15) PHASE 3

-10 x burpees
-2 x 10m banana rolls

barefoot drill circuit on grass:

-heel to toe calf raise walk
-straight leg swings

4 minute plank drill: continuous rotation:
front-plank/side-plank/back-plank
w/ straight leg lifts

Stretch circuit

PLYO-SWISS BALL CIRCUIT (wks 1-5) PHASE 1

60-90 seconds per activity. 50m Acceleration between each.

SWISS BALL:

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

MEDICINE BALL:

1. Good mornings ball behind head
2. Standing straight arm circles
3. Standing straight arm twists
4. Sit up diagonal wood chops
5. Kettle bell swings
6. Inchworm roll out/back
7. *Lateral* straight arm-to-arm rainbow
8. 1-ball 2-hand push-up pop-ups
9. Squat press alternate front / overhead
10. Back to front slams

PLYO-SWISSBALL CIRCUIT (wks 6-15) PHASE 2 & 3

60-90 seconds per activity. 50m Acceleration between each.

SWISS BALL:

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

MEDICINE BALL:

1. Good mornings ball behind head
2. Diagonal squat wood chop
3. Standing knee lift straight arm twist
4. V up alternate straight leg straight arms ball to toe
5. Kettle bell swings to jump
6. Inchworm bounce out/back
7. *Lateral* straight arm to arm rainbow
8. 1 ball push up pop up switch
9. Squat press to jump

10. Rainbow side to side slams

WEIGHT CIRCUIT MD & LD ROUTINE

2-3 circuits: **MAX** weight for 8 reps! If you can do more than 8 reps then you need more weight!

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

STRETCH CIRCUIT MD & LD 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 behind glute)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to glute)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/Glute (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Glute/hip (corkscrew sit/ knee to chest)

2011 SPRING SEASON LD SCHEDULE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Feb 6 ON YOUR OWN: •Run LSD 55-75 min. •Stretch.	7 VARSITY: 6:30AM •Fitness Circuit •Run EASY 10-15 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •2 x 1800m @ 20k pace, 1000m @ 10k pace with 2 min. rest btwn each. •Run EASY 15 min. •4 x STRIDES on turf. •Performance cool down. •Stretch.	8 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 20-30 min. •Fitness cool down. •Stretch. •Weight circuit x 2.	9 VARSITY: 6:30AM •Fitness Circuit •Run EASY 10-15 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •2 x 3-2-1 min. FARTLEK @ 10k-5k-3200m pace w/ 6 min. run btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch.	10 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 50-65 min HILLS. •4 x STRIDES on turf. •Stretch. •Weight circuit x 2.	11 VARSITY: 6:30AM •Fitness Circuit •Run EASY 10-15 min. ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 25-35 min. •Fitness cool down. •Stretch.	12 ACT TEST DATE ON YOUR OWN: •Weight circuit x 3. •Pool or Bike workout. •Stretch.
Feb 13 ON YOUR OWN: •Run LSD 60-80 min. •Stretch.	14 NO SCHOOL VARSITY: 7:30AM •Fitness Circuit •Run EASY 15-20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •2-3 x 2000m @ 20k with 1.5 min. rest btwn each. •Run EASY 15 min. •4 x STRIDES on turf. •Performance cool down. •Stretch.	15 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 20-35 min. •Fitness cool down. •Stretch. •Weight circuit x 2.	16 VARSITY: 6:30AM •Fitness Circuit •Run EASY 10-15 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. •3 x Paso Nogal "Figure 8" HILL REPETITIONS @ 100% max effort on up hill, EASY jog btwn each. •Run EASY 15 min. •Performance cool down. •Stretch.	17 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 50-70 min. FLAT. •2 x 150m @ 3200m pace with equal distance jog btwn each. •Stretch. •Weight circuit x 2.	18 VARSITY: 6:30AM •Fitness Circuit •Run EASY 15-20 min. ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •Fitness cool down. •Stretch.	19 ON YOUR OWN: •Weight circuit x 3. •Pool or Bike workout. •Stretch.
Feb 20 ON YOUR OWN: •Run LSD 65-85 min. •Stretch.	21 NO SCHOOL VARSITY: 7:30AM •Fitness Circuit •Run EASY 15-20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. •2 x 1800m @ 20k pace, 1000m @ 10k pace with 2 min. rest. •Run EASY 15 min. •4 x STRIDES on turf. •Performance cool down. •Stretch.	22 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 25-40 min. •Fitness cool down. •Stretch. •Weight circuit x 3.	23 VARSITY: 6:30AM •Fitness Circuit •Run EASY 15-20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. •2 x 3-2-1 min. FARTLEK @ 10k-5k-3200m pace w/ 6 min. run btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch.	24 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 55-75 min. HILLS •4 x STRIDES on turf. •Stretch. •Weight circuit x 2. ALL PARENTS: 5:30PM Parent Meeting @ CHS	25 VARSITY: 6:30AM •Fitness Circuit •Run EASY 15-20 min. ALL TEAM: 3:30PM •Performance Warm up. RACE: Team Time Trials •Run EASY 25 min. •Performance cool down. •Stretch.	26 ON YOUR OWN: •Weight circuit x 3. •Pool or Bike workout. •Stretch.
Feb 27 ON YOUR OWN: •Run LSD 65-85 min. •Stretch.	28 VARSITY: 6:30AM •Fitness Circuit •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. •3-4 x 2000m @ 20k pace with 1.5 min. rest btwn each. •Run EASY 15 min. •4 x STRIDES on turf. •Performance cool down. •Stretch.	March 1 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-45 min. •Fitness cool down. •Stretch. •Weight circuit x 3.	2 VARSITY: 6:30AM •Fitness Circuit •Run EASY 15-20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 30 min. •3-4 x Paso Nogal "Figure 8" HILL REPETITIONS @ 100% max effort on up hill, EASY jog btwn each. •Run EASY 15 min. •Performance cool down. •Stretch.	3 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 55-75 min. FLAT •3 x 150m @ 3200m pace with equal distance jog btwn each. •Stretch. •Weight circuit x 2.	4 VARSITY: 6:30AM •Fitness Circuit •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. RACE: Purple vs. White Intra-squad meet •Run EASY 30 min. •Performance cool down. •Stretch.	5 ON YOUR OWN: •Weight circuit x 3. •Pool or Bike workout. •Stretch.

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<p>March 6 ON YOUR OWN: •Run LSD 40-65 min. •Stretch.</p>	<p>7 ALL TEAM: 3:30PM •GAME DAY •Stretch.</p>	<p>8 ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 35 min. •500m @ 5k pace, 400m @ 3200m pace, 300m @ 1600m pace with 200m jog recovery btwn reps. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>9 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 45-60 min FLAT. •4 x STRIDES on turf. •Stretch.</p>	<p>10 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •Fitness cool down. •Stretch. •Weight circuit x 2.</p>	<p>11 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20 min. ALL TEAM: 1:00PM RACE: Dan Gabor Distance Festival</p>	<p>12 <i>SAT TEST DATE</i> ALL TEAM: 9:00AM RACE: Dan Gabor Sprint Festival or •Fitness warm-up. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>
<p>March 13 ON YOUR OWN: •Run LSD 55-75 min. •Stretch.</p>	<p>14 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •20 min. TEMPO RUN @ 20k pace. •Run EASY 20 min. •3 x 150m @ 1600m pace with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>15 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>16 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. •2 x 700m @ 3200m pace, walk 100m turn, 300m, jog 200m, 200m, jog 100m, 100m @ 800m pace. 8 min. run btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>17 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 50-70 min. FLAT. •4 x STRIDES on turf. •Stretch. •Weight circuit x 2.</p>	<p>18 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20 min. ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>19 ALL TEAM: 1:00PM RACE: Dublin Distance Fiesta or SELECT ATHLETES: •Weight circuit x 3. •Pool or Bike workout. •Stretch.</p>
<p>March 20 ON YOUR OWN: •Run LSD 60-80 min. •Stretch.</p>	<p>21 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •2 x 1800m @ 20k pace, 1000m @ 5k pace with 2 min. rest. •Run EASY 15 min. •3 x 150m @ 1600m pace with 200/250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>22 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>23 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. •6-8 x 400m @ 1600m pace with equal time recovery btwn reps. & 2 x random "HOT" rep. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>24 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 55-75 min. FLAT. •2 x 200m @ 3200m pace with equal distance jog btwn each. •Stretch. •Weight circuit x 2.</p>	<p>25 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. SELECT ATHLETES: TBA RACE: Stanford Invite or ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>26 SELECT ATHLETES: TBA RACE: Stanford Invite or ON YOUR OWN: •Weight circuit x 3. •Pool or Bike workout. •Stretch.</p>
<p>March 27 ON YOUR OWN: •Run LSD 65-85 min. •Stretch.</p>	<p>28 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •25 min. TEMPO RUN @ 20k pace. •Run EASY 20 min. •3 x 150m @ 1600m pace with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>29 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 35-45 min. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>30 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM RACE: DVAL Meet vs. Berean Christian, Ygnacio Valley</p>	<p>31 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 55-75 min. FLAT. •4 x STRIDES on turf. •Stretch. •Weight circuit x 2.</p>	<p>April 1 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •Fitness cool down. •Stretch.</p>	<p>2 <i>JUNIOR PROM</i> ON YOUR OWN: •Weight circuit x 3. •Pool or Bike workout. •Stretch.</p>
<p>April 3 ON YOUR OWN: •Run LSD 65-85 min. •Stretch.</p>	<p>4 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. •2 x 1800m @ 20k pace, 1000m @ 5k pace with 2 min. rest. •Run EASY 15 min. •3 x 150m @ 1600m pace with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>5 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 35-45 min. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>6 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM RACE: DVAL Meet vs. Mt. Diablo, Concord</p>	<p>7 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 55-75 min. •3 x 200m @ 3200m pace with equal distance jog btwn each. •Stretch. •Weight circuit x 2.</p>	<p>8 VARSIITY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •Fitness cool down. •Stretch.</p>	<p>9 <i>ACT TEST DATE</i> ON YOUR OWN: •Weight circuit x 3. •Pool or Bike workout. •Stretch.</p>

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<p>April 10 ON YOUR OWN: •Run LSD 40-65 min. •Stretch.</p>	<p>11 ALL TEAM: 3:30PM *GAME DAY •Stretch.</p>	<p>12 ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •Fitness cool down. •Stretch.</p>	<p>13 ALL TEAM: 3:30PM RACE: DVAL Meet vs. Northgate</p>	<p>14 ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 40-60 min. FLAT •Stretch. •Weight circuit x 2.</p>	<p>15 VARSIY: 6:30AM •Fitness Circuit •Run EASY 20 min. SELECT ATHLETES: TBA RACE: Mt. SAC Relays or ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 20-30 min. 2 x STRIDES on turf •Fitness cool down. •Stretch.</p>	<p>16 SELECT ATHLETES: TBA RACE: Mt. SAC Relays or ALL TEAM: 9:00AM •Performance Warm up. •Run EASY 25 min. 2 x 1000m @ 3200m pace with 100m jog to 300m @ 800m pace. 6 min. jog btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch.</p>
<p>April 17 ON YOUR OWN: •Run LSD 55-70 min. •Stretch.</p>	<p>18 VARSIY: 6:30AM •Fitness Circuit •Run EASY 20 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. 800-1000-1200-1000-800m @ 5k pace with 2/2:30/3/2:30min. recovery. •Run EASY 20 min. 3 x 150m @ acceleration to 95% max velocity with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>19 <i>STAR TESTING</i> ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. •Fitness cool down. •Weight circuit x 2.</p>	<p>20 <i>STAR TESTING</i> VARSIY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM RACE: DVAL Meet vs. Clayton Valley</p>	<p>21 <i>STAR TESTING</i> ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 50-70 min. FLAT 3 x 200m @ 3200m pace with equal distance jog btwn each. •Stretch. •Weight circuit x 2.</p>	<p>22 <i>STAR TESTING</i> VARSIY: 6:30AM •Fitness Circuit •Run EASY 20 min. ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. 2 x STRIDES on turf •Fitness cool down. •Stretch.</p>	<p>23 FS TEAM: 9:00AM RACE: Dublin Frosh Soph Invitational or VARSIY TEAM: 9:00AM •Performance Warm up. •Run EASY 25 min. 2 x 1000m @ 3200m pace with 100m jog to 300m @ 800m pace. 6 min. jog btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch.</p>
<p>April 24 ON YOUR OWN: •Run LSD 60-75 min. •Stretch.</p>	<p>25 <i>NO SCHOOL</i> ALL TEAM: 9:00AM •Performance Warm up. •Run EASY 20 min. 25 min. TEMPO RUN @ 20k pace •Run EASY 20 min. 3 x 150m @ acceleration to 95% max velocity with 250m jog recovery btwn each. •Performance cool down. •Stretch. VARSIY: 5:00PM •Fitness Circuit •Run EASY 20-25 min.</p>	<p>26 <i>NO SCHOOL</i> ALL TEAM: 9:00AM •Performance warm-up A. •Run EASY 35-45 min. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>27 <i>NO SCHOOL</i> ALL TEAM: 9:00AM •Performance Warm up. •Run EASY 25 min. 2 x 700m @ 3200m pace, walk 100m turn, 300m, jog 200m, 200m, jog 100m, 100m @ 800m pace. 8 min. run btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch. VARSIY: 5:00PM •Fitness Circuit •Run EASY 20 min.</p>	<p>28 <i>NO SCHOOL</i> ALL TEAM: 9:00AM •Fitness warm-up B. •Run LSD 50-70 min. FLAT 3 x 200m @ 3200m pace with equal distance jog btwn each. •Stretch. •Weight circuit x 2.</p>	<p>29 <i>NO SCHOOL</i> VARSIY: 6:30AM •Fitness Circuit •Run EASY 30-40 min. ALL TEAM: 2:30PM RACE: Bob Warren Relays or •Fitness warm-up A. •Run EASY 30-40 min. 2 x STRIDES on turf •Fitness cool down. •Stretch.</p>	<p>30 <i>SAT TEST DATE</i> SELECT ATHLETES: TBA RACE: Sacramento Meet of Champions or ON YOUR OWN: •Weight circuit x 3. •Pool or Bike workout. •Stretch.</p>
<p>May 1 ON YOUR OWN: •Run LSD 60-75 min. •Stretch.</p>	<p>2 <i>AP TEST DATE</i> VARSIY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. 800-1000-1200-1000-800m @ 5k pace with 2/2:30/3/2:30min. recovery. •Run EASY 20 min. 3 x 150m @ acceleration to 95% max velocity with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>3 <i>AP TEST DATE</i> ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 35-45 min. •Fitness cool down. •Stretch. •Weight circuit x 3.</p>	<p>4 <i>AP TEST DATE</i> VARSIY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 25 min. 6-8 x 400m @ 1600m pace with equal time recovery btwn reps. & 2 x random "HOT" rep. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>5 <i>AP TEST DATE</i> ALL TEAM: 3:30PM •Fitness warm-up B. •Run LSD 50-70 min. FLAT 3 x 200m @ 3200m pace with equal distance jog btwn each. •Stretch. •Weight circuit x 2.</p>	<p>6 <i>AP TEST DATE</i> VARSIY: 6:30AM •Fitness Circuit •Run EASY 20-25 min. ALL TEAM: 3:30PM •Fitness warm-up A. •Run EASY 30-40 min. 2 x STRIDES on turf •Fitness cool down. •Stretch.</p>	<p>7 <i>SAT TEST DATE</i> ALL TEAM: 9:00AM •Performance Warm up. •Run EASY 25 min. 2 x 1000m @ 3200m pace with 100m jog to 300m @ 800m pace. 6 min. jog btwn sets. •Run EASY 15 min. •Performance cool down. •Stretch. •Weight circuit x 3.</p>
<p>May 8 ON YOUR OWN: •Run LSD 40-80 min. •Stretch.</p>	<p>9 <i>AP TEST DATE</i> VARSIY: 3:30PM •Performance Warm up B. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>10 <i>AP TEST DATE</i> ALL TEAM: 3:30PM •Performance Warm up. •Run EASY 20 min. 20 min. TEMPO RUN @ 20k pace •Run EASY 20 min. 3 x 150m @ acceleration to 95% max velocity with 250m jog recovery btwn each. •Performance cool down. •Stretch.</p>	<p>11 <i>AP TEST DATE</i> FROSH SOPH: 4:00PM RACE: DVAL FS Finals or •Fitness warm-up A. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>12 <i>AP TEST DATE</i> VARSIY: 4:30PM RACE: DVAL VAR Trials or •Performance Warm up. •Run EASY 20 min. 7-8 x 500m @ 10k pace with 100m walk back recovery btwn each. •Run EASY 10 min. •Performance cool down. •Stretch.</p>	<p>13 <i>AP TEST DATE</i> VARSIY: 3:30PM •Fitness warm-up B. •Run EASY 25-35 min. •Fitness cool down. •Stretch.</p>	<p>14 VARSIY: 4:30PM RACE: DVAL VAR Finals</p>

2011 SPRING SEASON LD SCHEDULE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 15 ON YOUR OWN: •Run LSD 70 min. •Stretch.	16 VARSIITY: 3:30PM •Fitness warm-up A. •Run EASY 40 min. •Fitness cool down. •Stretch.	17 VARSIITY: 3:30PM •Performance Warm up. •Run EASY 20 min. •100-110-120-130-140-150-160-170-180-190-200m @ 1600m to 400m pace with jog back btwn each. •Run EASY 15 min. •Post season cool down. •Stretch.	18 VARSIITY: 3:30PM •Fitness warm-up B. •Run EASY 45 min. •Fitness cool down. •Stretch. •Weight circuit x 2.	19 BACK TO SCHOOL VARSIITY: 3:30PM •Performance Warm up. •Run EASY 20 min. •7-8 x 500m @ 10k pace with 100m walk back recovery btwn each. •Run EASY 10 min. •Post season cool down. •Stretch.	20 VARSIITY: 3:30PM •Run EASY 30 min. •Stretch.	21 SENIOR BALL VARSIITY: 9:00AM RACE: NCS Finals
May 22 ON YOUR OWN: •Run LSD 70 min. •Stretch.	23 VARSIITY: 9:00AM •Fitness warm-up A. •Run EASY 40 min. •Fitness cool down. •Stretch. •Weight circuit x 2.	24 VARSIITY: 3:30PM •Performance Warm up. •Run EASY 20 min. •4 x 1000m @ 5k pace (97% VO2) with 3 min. recovery btwn each. •2 x 200m @ 1600m pace with 200m jog recovery btwn each. •Run EASY 15 min. •Post season cool down. •Stretch.	25 VARSIITY: 3:30PM •Fitness warm-up B. •Run EASY 45 min. •Fitness cool down. •Stretch.	26 VARSIITY: 3:30PM •Performance Warm up. •Run EASY 20 min. •6-7 x 500m @ 10k pace with 100m walk back recovery btwn each. •Run EASY 10 min. •Post season cool down. •Stretch.	27 VARSIITY: 1:00PM RACE: MOC Trials •Run EASY 30 min. •Stretch.	28 VARSIITY: 1:00PM Race: MOC Finals
May 29 ON YOUR OWN: •Pool or Bike workout. •Stretch.	30 NO SCHOOL VARSIITY: 3:30PM •Fitness warm-up A. •Run EASY 40 min. •Fitness cool down. •Stretch.	31 VARSIITY: 3:30PM •Performance Warm up. •Run EASY 20 min. •100-110-120-130-140-150-160-170-180-190-200m @ 1600m to 400m pace with jog back btwn each. •Run EASY 15 min. •Post season cool down. •Stretch.	June 1 VARSIITY: 3:30PM •Fitness warm-up B. •Run EASY 30 min. •Fitness cool down. •Stretch.	2 VARSIITY: 3:30PM •Performance Warm up. •Run EASY 20 min. •5-6 x 500m @ 10k pace with 100m walk back recovery btwn each. •Run EASY 10 min. •Post season cool down. •Stretch.	3 VARSIITY: TBA RACE: CIF Trials •Run EASY 30 min. •Stretch.	4 SAT TEST DATE VARSIITY: TBA RACE: CIF Finals

College Park High School • FALCON TRACK & FIELD • 2011 Season Calendar

MONDAY through SATURDAY track & field team practice attendance is mandatory. Schedule conflicts with daily practice must be discussed with coaches PRIOR to absence!