

FALCON CROSS COUNTRY

2011 FALL SEASON DAILY SCHEDULE

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

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

1 x 10 forward hurdles on fence
1 x 10 backward hurdles on fence

• 600m EASY run (full grass lap)

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

• 600m EASY run (full grass lap)

10 x side to side leg swings on fence
10 x front to back leg swings on fence

• 600m MEDIUM run (full grass lap)

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

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

4 x 80m accelerations to 75, 80, 85, 90% max velocity

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

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

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

• 600m EASY run (full grass lap)

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

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

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

Stretch circuit

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

• 1200m EASY run (2 full grass laps)

A: CIRCUIT

11 x 60m jog / strength circuit:

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

Jog Variation Between Each:

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

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

BAREFOOT drill circuit on grass:

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

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

Stretch circuit

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

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

• 600m EASY run (full grass lap)

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

• 600m EASY run (full grass lap)

10 x side to side leg swings on fence
10 x front to back leg swings on fence

• 600m MEDIUM run (full grass lap)

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

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

4 x 10m forward quick skip to 70m acceleration to 90% max velocity

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

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

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

• 600m EASY run (full grass lap)

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

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

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

Stretch circuit

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

• 1200m EASY run (2 full grass laps)

A: CIRCUIT

9 x 60m jog / strength circuit:

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

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

Stretch circuit

FALCON CROSS COUNTRY

2011 FALL SEASON DAILY SCHEDULE

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

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

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

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

• 600m EASY run (full grass lap)

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

• 600m EASY run (full grass lap)

10 x side to side leg swings on fence
10 x front to back leg swings on fence

• 600m EASY run (full grass lap)

2 x 20m forward "h" skips-
-30m accelerate
2 x 20m forward rotary run-
-30m accelerate

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

4 x 10m forward quick step to 70m acce-
-leration to 95% max velocity

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

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

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

• 600m EASY run (full grass lap)

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

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

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

Stretch circuit

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

• 1200m EASY run (2 full grass laps)

A: CIRCUIT

7 x 40-60m jog / strength circuit:

-eagles, on chest, heel to hand
-eagles, on back, toe to hand
-push up position, bird dogs
-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 press
-standing "h" SWITCH drill

Jog Variation Between Each:

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

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

-10 x burpees
-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
with straight arms (push up position):
front-plank/side-plank/back-plank w/
straight leg lifts

Stretch circuit

WEIGHT CIRCUIT ROUTINE

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

- 8 x bench press
- 8 x arm curls
- 8 x triceps push downs
- 8 x lat pulls
- 8 x military press
- 8 x bent rows
- 8 x upright rows
- 8 x suitcase squats

STRETCH CIRCUIT ROUTINE

- Triceps (elbow behind head)
- Shoulder (pull arm in front)
- Oblique/IT band (standing leg crossover, side reach over head)
- Hamstring (standing crossover reach)
- Quad (standing, pull ankle away from same side glute)
- Upper calf (standing, straight leg)
- Lower calf (standing, bent leg)
- Groin/quad (forward lunge, ankle to glute)
- Groin/hamstring (lateral lunge)
- Quad (hip thrust, knee down)
- IT band (lunge/shin to ground)
- IT band/Glute (ankle on knee, sag hips)
- Hamstring (sit modified hurdle)
- Groin (butterfly sit)
- Hips/back (corkscrew sit)
- Glute/hip (corkscrew sit/ knee to chest)

G-S-M ROUTINE

- 10 x Lateral **abductor** leg raises (inverted/neutral/out)
- 10 x Lateral **adductor** leg raises (inverted/neutral/out)
- 5 x Scorpion
- 5 x Donkey whip
- 5 x Fire hydrant
- 5 hands & knees forward hip rotations over hurdle
- 5 x hands & knees backward hip rotations over hurdle
- 10 x Prone lower body crawl
- 10 x Groiners
- 10 x Hurdle seat exchange

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AUGUST 14 ON YOUR OWN: •Run LSD 50-70 min •Stretch.</p>	<p>15 NO SCHOOL ALL TEAM: 3:30-6:30PM •Fitness warm-up A. •Run EASY 25-40 min. •Fitness cool down. •Stretch.</p>	<p>16 NO SCHOOL ALL TEAM: 3:30-6:30PM •Fitness warm-up A. •Run EASY 20-35 min. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 6:15-6:45PM •Weight circuit x 2.</p>	<p>17 NO SCHOOL ALL TEAM: 3:30-6:30PM •Performance Warm up. •Run EASY 20 min. •6-8 x 200m REPETITIONS @ 3200m pace on field, equal distance jog btwn each. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>18 NO SCHOOL ALL TEAM: 3:30-6:30PM •Fitness warm-up B. •Run LSD 45-65 min. FLAT •GSM Routine. •Stretch. VETERANS: 6:15-6:45PM •Weight circuit x 2.</p>	<p>19 NO SCHOOL ALL TEAM: 3:30-6:30PM •Fitness warm-up A. •Run EASY 20-40 min. •Fitness cool down. •Stretch.</p>	<p>20 ALL TEAM: ON YOUR OWN: •Weight circuit x 3. •Pool or Bike. •Stretch.</p>
<p>AUGUST 21 ON YOUR OWN: •Run LSD 55-75 min •Stretch.</p>	<p>22 NO SCHOOL ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 20 min. to track. •2-3 x 1000 or 3-4 x 1400m @ 10k pace on track w/ 2.5 min. 200m jog btwn each. •Run EASY 15 min. •3 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>23 NO SCHOOL ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 30-40 min. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>24 ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. •1 x 4-3-2, 3-2-1 min. FARTLEK @ 10k-5k-3200m pace on field w/ 6 min. run btwn sets •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>25 ALL TEAM: 3:30-5:45PM •Fitness warm-up B •Run LSD 50-70 min. •HILLS on Hill Country trail, return via Alhambra. •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>26 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •2 x 200m @ 3200m pace on field w/ equal distance jog btwn each •Fitness cool down. •Stretch.</p>	<p>27 ALL TEAM: 8:00-11:00AM <i>Be at HVP by 8:00am!</i> •Hidden Valley Park Course Work: Bring Hoes, Shovels, Rakes, Weed-whackers, & GLOVES! •Stretch.</p>
<p>AUGUST 28 ON YOUR OWN: •Run LSD 60-80 min •Stretch.</p>	<p>29 ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 20 min. to Paso Nogal Park. •2-4 x 1000 or 2-3 x 2000m @ 20k pace on 1000m loop w/ 1.5 min. rest btwn each. •Run EASY 15 min. •4 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>30 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 30-40 min. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3. MANDATORY PARENT MEETING 5:30pm MU</p>	<p>31 ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 20 min. to Paso Nogal Park. •3-4 x Figure 8 HILL REPETITIONS @ 100% max effort on up hill, EASY jog btwn each. •Run EASY 20 min. •Performance cool down. •Stretch.</p>	<p>SEPTEMBER 1 ALL TEAM: 3:30-5:45PM •Fitness warm-up B •Run LSD 50-70 min. FLAT •GSM Routine. •Stretch VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>2 ALL TEAM: 3:30-6:30PM <i>Bus leaves CPHS at 2pm!</i> <i>Athletes must ride bus.</i> •Performance Warm up. •Run EASY 20 min. RACE: Little Ed Race @ Hidden Valley Park •Run EASY 20 min. •Performance cool down. •Stretch. •Help clean up!</p>	<p>3 ALL TEAM: ON YOUR OWN: •Weight circuit x 3. •Pool or Bike. •Stretch.</p>
<p>SEPT 4 ON YOUR OWN: •Run LSD 65-85 min •Stretch.</p>	<p>5 NO SCHOOL ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. to track. •4-5 x 1000 or 4-5 x 1400m @ 10k pace on track w/ 2.5 min. 200m jog btwn each. •Run EASY 15 min. •4 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>6 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 35-45 min. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>7 ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. •1 x 4-3-2, 3-2-1 min. FARTLEK @ 10k-5k-3200m pace on field w/ 6 min. run btwn sets •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>8 ALL TEAM: 3:30-5:45PM •Fitness warm-up B •Run LSD 55-75 min. •HILLS on Hill Country trail, return via Alhambra. •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>9 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •2 x 150m @ 1600m pace on field w/ equal distance jog btwn each •Fitness cool down. •Stretch.</p>	<p>10 ACT TEST ALL TEAM: 7AM -2PM <i>NO Bus. Be at HVP by 7:30am!</i> •Performance Warm up. •Run EASY 20 min. RACE: Ed Sias Meet @ Hidden Valley Park •Run EASY 25 min. •Performance cool down. •Stretch. •Help clean up!</p>
<p>SEPT 11 ON YOUR OWN: •Run LSD 65-85 •Stretch.</p>	<p>12 ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. to Paso Nogal Park. •3-5 x 1000 or 3-4 x 2000m @ 20k pace on 1000m loop w/ 1.5 min. rest btwn each. •Run EASY 15 min. •4 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>13 BCK TO SCHL NGHT ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 35-45 min. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>14 ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 20 min. to Paso Nogal Park. •3-4 x Figure 8 HILL REPETITIONS @ 100% max effort on up hill, EASY jog btwn each. •Run EASY 20 min. •Performance cool down. •Stretch.</p>	<p>15 ALL TEAM: 3:30-5:45PM •Fitness warm-up B •Run LSD 55-75 min. FLAT •GSM Routine. •Stretch VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>16 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •3 x 200m @ 3200m pace on field w/ equal distance jog btwn each •Fitness cool down. •Stretch.</p>	<p>17 ALL TEAM: 6:45AM-1PM <i>Bus leaves CPHS at 6:45am! Athletes must ride bus.</i> •Performance Warm up. •Run EASY 20 min. RACE: Nike Invitational @ Newhall Park •Run EASY 25 min. •Performance cool down. •Stretch.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SEPT 18 ON YOUR OWN: •Run LSD 55-65 min •Stretch.</p> <p>TEAM FUNDRAISER: 15 Athletes Needed, 4 Parents Lafayette Art and Wine Festival Cleanup Crew 6-9pm</p>	<p>19 ALL TEAM: 3:30-5:15PM •GAME DAY: ULTIMATE FRISBEE TOURNAMENT. •Stretch.</p>	<p>20 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 25-40 min. •GSM Routine. •Fitness cool down. •Stretch.</p>	<p>21 ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 35 min. •500m @ 5k pace, 400m @ 3200m pace, 300m @ 1600m pace with 200m jog recovery btwn reps. •Run EASY 10 min. •Performance cool down. •Stretch.</p>	<p>22 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 45-60 min. FLAT •GSM Routine. •Stretch.</p> <p>VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>23 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 25-40 min. •2 x 150m @ 1600m pace on field w/ equal distance jog btwn each. •Fitness cool down. •Stretch.</p>	<p>24 VARSIITY: TBA Car-pool leaves TBA. •Performance Warm up. •Run EASY 20 min. RACE, QUALIFYING ATHLETES ONLY: Stanford Invitational @ Stanford Golf Course •Run EASY 20 min. •Performance cool down. •Stretch.</p> <p>ALL FS & JV: ON YOUR OWN: •Weight circuit x 3. •Pool or Bike workout. •Stretch.</p>
<p>SEPT 25 ON YOUR OWN: •Run LSD 60-75 min •Stretch.</p>	<p>26 ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. •2 x 1800m @ 20k pace, 1000m @ 10k pace on track w/ 2 min. 200m btwn each. •Run EASY 10 min. •4 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>27 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 30-45 min. •GSM Routine. •Fitness cool down. •Stretch.</p> <p>VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>28 ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 20 min. to Hidden Lakes Park. •3-4 x HILL + 400m @100% effort w/ full jog res btwn each. •Run EASY 20 min. •Performance cool down. •Stretch.</p>	<p>29 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 50-70 min. FLAT •GSM Routine. •Stretch.</p> <p>VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>30 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •2 x 200m @ 3200m pace on field w/ equal distance jog btwn each. •Fitness cool down. •Stretch.</p>	<p>OCTOBER 1 SAT TEST ALL ATHLETES: 6:45-1:00PM Bus leaves CPHS @ 6:45am! Athletes must ride bus. •Performance Warm up. •Run EASY 20 min. RACE: Baughs Invitational @ Shadow Cliffs •Run EASY 20 min. •Performance cool down. •Stretch.</p> <p>VARSIITY: ON YOUR OWN: •Weight circuit x 3. •Pool or Bike workout. •Stretch.</p>
<p>OCT 2 ON YOUR OWN: •Run LSD 65-80 min •Stretch.</p>	<p>3 ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 15 min. •20-25 min. TEMPO RUN @ 20k pace. •Run EASY 15 min. •4 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>4 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 30-45 min. •GSM Routine. •Fitness cool down. •Stretch.</p> <p>VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>5 ALL TEAM: 3:30-6:30PM Bus leaves CPHS at 2pm! •Performance Warm up. •Run EASY 20 min. RACE: DVAL Center Meet @ Hidden Valley Park •Run EASY 25 min. •Performance cool down. •Stretch. •Help clean up!</p>	<p>6 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 55-75 min. FLAT •GSM Routine. •Stretch.</p> <p>VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>7 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-45 min. •3 x 150m @ 1600m pace on field w/ equal distance jog btwn each. •Fitness cool down. •Stretch.</p>	<p>8 ALL TEAM: ON YOUR OWN: •Weight circuit x 3. •Pool or Bike. •Stretch.</p>
<p>OCT 9 ON YOUR OWN: •Run LSD 65-80 min •Stretch.</p> <p>UMDAF "Save our Sports 5K" Independent Competition All Non-Varsity Athletes Compete. All athletes register. Varsity athletes help to run meet. Wear Team Shirts</p>	<p>10 NO SCHOOL ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 25 min. •2 x 1800m @ 20k pace, 1000m @ 10k pace on track w/ 2 min. 200m btwn each. •Run EASY 10 min. •4 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>11 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 35-50 min. •GSM Routine. •Fitness cool down. •Stretch.</p> <p>VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>12 ALL TEAM: 3:30-6:30PM Bus leaves CPHS at 2pm! •Performance Warm up. •Run EASY 20 min. RACE: DVAL Center Meet @ Castle Rock Park •Run EASY 25 min. •Performance cool down. •Stretch. •Help clean up!</p>	<p>13 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 55-75 min. FLAT •GSM Routine. •Stretch.</p> <p>VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>14 ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 20 min. to Hidden Lakes Park. •3-4 x HILL + 400m @100% effort w/ full jog res btwn each. •Run EASY 20 min. •Performance cool down. •Stretch.</p>	<p>15 PSAT TEST ALL TEAM: ON YOUR OWN: •Weight circuit x 3. •Pool or Bike. •Stretch.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OCT 16 ON YOUR OWN: •Run LSD 65-80 min •Stretch.</p>	<p>17 ALL TEAM: 3:30-6:00PM •Performance Warm up. •Run EASY 15 min. •20-25 min. TEMPO RUN @ 20k pace. •Run EASY 15 min. •4 x 100m STRIDES on field. •Performance cool down. •Stretch.</p>	<p>18 ALL TEAM: 3:30-5:45PM •Fitness warm-up A. •Run EASY 35-50 min. •GSM Routine. •Fitness cool down. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 3.</p>	<p>19 ALL TEAM: 3:30-6:30PM Bus leaves CPHS at 2pm! •Performance Warm up. •Run EASY 20 min. RACE: DVAL Center Meet @ Newhall Park •Run EASY 25 min. •Performance cool down. •Stretch. •Help clean up!</p>	<p>20 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 55-75 min. FLAT •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>21 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-45 min. •3 x 200m @ 3200m pace on field w/ equal distance jog btwn each. •Fitness cool down. •Stretch. •Stretch</p>	<p>22 ACT TEST VARSITY: TBA Van leaves TBA. •Performance Warm up. •Run EASY 20 min. RACE: Mt. SAC Invitation- at @ Mt. SAC •Run EASY 20 min. •Performance cool down. •Stretch. FS & JV: ON YOUR OWN: •Weight circuit x 3. •Pool or Bike workout. •Stretch..</p>
<p>OCT 23 ON YOUR OWN: •Run LSD 40-60 min •Stretch.</p>	<p>24 ALL TEAM: 3:30-5:15PM •GAME DAY! SCAVENGER HUNT. •Stretch.</p>	<p>25 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 25-40 min. •GSM Routine. •Fitness cool down. •Stretch.</p>	<p>26 ALL TEAM: 3:30-6:30PM Bus leaves CPHS at 2pm! •Performance Warm up. •Run EASY 20 min. RACE: DVAL Center Meet @ Newhall Park •Run EASY 25 min. •Performance cool down. •Stretch. •Help clean up!</p>	<p>27 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 45-60 min. FLAT •GSM Routine. •Stretch. VETERANS: 5:45-6:15PM •Weight circuit x 2.</p>	<p>28 ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 15 min. •40min MYSTERY FARTLEK RUN •Performance cool down. •Stretch.</p>	<p>29 ALL TEAM: ON YOUR OWN: •Weight circuit x 3. •Pool or Bike. •Stretch.</p>
<p>OCT 30 ON YOUR OWN: •Run LSD 50-70 min Orinda. •Stretch. TEAM FUNDRAISER: 15 Athletes Needed, 2 Parents Lafayette Reservoir Run Staff Assistance 7:30-10:30am</p>	<p>31 ALL TEAM: 3:30-5:45PM •Performance Warm up. •Run EASY 15 min. •20-25 min. TEMPO RUN @ 20k pace. •Run EASY 15 min. •Performance cool down. •Stretch.</p>	<p>NOVEMBER 1 ALL TEAM: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •STRIDES from box start •GSM Routine. •Fitness cool down. •Stretch. VARSITY: 5:45-6:15PM •Weight circuit x 2.</p>	<p>2 ALL TEAM: 3:30-5:45PM •Fitness warm-up B. •Run LSD 50-60 min. FLAT •GSM Routine. •Stretch</p>	<p>3 ALL TEAM: 3:30-5:15PM •Fitness warm-up A. •Run EASY 20-30 min. •STRIDES from box start •Fitness cool down. •Stretch.</p>	<p>4 ALL TEAM: 1:30PM-5PM Bus leaves CPHS at 10:30am! Athletes must ride bus. •Performance Warm up. •Run EASY 20 min. RACE: DVAL Championships @ Hidden Valley Park •Run EASY 20 min. •Performance cool down. •Stretch. •Help clean up!</p>	<p>5 SAT TEST VARSITY: ON YOUR OWN: •Weight circuit x 3. •Pool or Bike. •Stretch.</p>
<p>NOV 6 ON YOUR OWN: •Run LSD 60-70 min</p>	<p>7 VARSITY: 3:30-5:30PM •Fitness warm-up A. •Run EASY 40 min. •STRIDES from box start •GSM Routine. •Fitness cool down. •Stretch. VARSITY: 5:30-6:00PM •Weight circuit x 2.</p>	<p>8 VARSITY: 3:30-5:45PM •Performance Warm up. •Run EASY 20 min. •5 x 1000m INTERVALS @ 5k pace on field w/ equal time recovery btwn each. •Run EASY 10 min. •Performance cool down. •Stretch.</p>	<p>9 VARSITY: 3:30-5:45PM •Fitness warm-up B. •Run LSD 45-60 min. FLAT •GSM Routine. •Stretch.</p>	<p>10 VARSITY: 3:30-5:30PM •Fitness warm-up A. •Run EASY 30-40 min. •STRIDES from box start •Fitness cool down. •Stretch.</p>	<p>11 NO SCHOOL VARSITY: 7:00-11:30AM Drive to Hayward HS. Carpool leaves CPHS at 7:00am! •Performance Warm up. •Run EASY 15 min. •40min MYSTERY FARTLEK RUN •Performance cool down. •Stretch.</p>	<p>12 VARSITY: ON YOUR OWN: •Weight circuit x 3. •Pool or Bike. •Stretch.</p>
<p>NOV 13 ON YOUR OWN: •Run LSD 60-70 min •Stretch.</p>	<p>14 VARSITY: 3:30-5:30PM •Fitness warm-up A. •Run EASY 40 min. •STRIDES from box start •GSM Routine. •Fitness cool down. •Stretch.</p>	<p>15 VARSITY: 3:30PM •Performance Warm up. •Run EASY 15 min. •25 min. TEMPO RUN @ 20k pace. •Run EASY 10 min. •Performance cool down. •Stretch.</p>	<p>16 VARSITY: 3:30-5:45PM •Fitness warm-up B. •Run LSD 50-70 min. FLAT •Stretch</p>	<p>17 VARSITY: 3:30-5:30PM •Performance Warm up. •Run EASY 15 min. •7 x 500m TEMPO LOOPS @ 10k pace w/ 100m walk back recovery btwn each. •Run EASY 10 min. •Stretch.</p>	<p>18 VARSITY: 3:30-5:15PM •Run EASY 25 min. •STRIDES from box start •Fitness cool down. •Stretch.</p>	<p>19 VARSITY: TBA Car pool TBA. •Performance Warm up. •Run EASY 20 min. RACE: NCS Championships @ Hayward HS •Run EASY 20 min. •Stretch.</p>

2010 FALL SEASON SCHEDULE Athletes Expected to Attend All Practice Sessions! Practice is **NEVER** Cancelled!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NOV 20 ON YOUR OWN: •Run LSD 50-60 min •Stretch.</p>	<p>21 NO SCHOOL VARSITY: 9:00-10:30AM •Fitness warm-up A. •Run EASY 40 min. •Fitness cool down. •Stretch.</p>	<p>22 NO SCHOOL VARSITY: 9:00-11:00AM •Performance Warm up. •Run EASY 20 min. •STRIDES from box start •1 x 1600m, 2 x 800m @5k pace w/ equal time rec btwn each •Run EASY 10 min. •Performance cool down. •Stretch.</p>	<p>23 NO SCHOOL VARSITY 9:00-10:30AM •Fitness warm-up B •Run EASY 30-40 min. •Fitness cool down. •Stretch.</p>	<p>24 NO SCHOOL VARSITY 9:00-10:45AM •Performance Warm up. •Run EASY 15 min. •6 x 500m TEMPO LOOPS @ 10k pace w/ 100mwalk back recovery btwn each. •Run EASY 10 min. •Stretch.</p>	<p>25 NO SCHOOL VARSITY: 2:00PM Van leaves CPHS for Fresno at 8:00am. •Run EASY 25 min. •STRIDES from box start •Stretch</p>	<p>26 VARSITY: TBA •Performance Warm up. •Run EASY 20 min. RACE: CIF Champion- ships @ Woodward Park •Run EASY 20 min. •Stretch. Return to CPHS approx- imately 7:00pm.</p>