

Date	11/4	11/5	11/6	11/7	11/8	11/9	11/10
Running	A) Off B) 2-4 miles easy	A) 1 mile GP, 2 x 800 GP, 4 x 400 GP B) 2 x 800 GP, 3 x 400 GP, 4 x 200 faster C) 800 GP, 2 x 400 gp, 3 x 200 faster (A = 6-8 miles) (B = 4-6 miles)	4-6 miles 3-4 miles	A) 800 at GP, 4 x 200 faster B) 2 x 400 at GP, 4 x 100m faster (A = 5-7 miles) (B = 3-4 miles)	4-6 miles 2-3 miles	NBL Champs	Off
Location	School Grass Fields	Park Trail	Oak Knolls	Oak Knolls	School Grass Field	Spring Lake	
Recovery		Am) Mobility Pm) Roll out/scraping + Ice Bath		Pm) Ice Bath	PM) Epsom Bath	Pm) Ice Bath	
Nutrition	Pm) Protein	Am) Protein Before Practice) Carbs Pm) Protein	Am) Protein Before Practice) Carbs Pm) Protein	Am) Protein Before Practice) Carbs Pm) Protein	Pm) Protein	AM) Light Protein and Carbs Pm) Protein	
Strength	Core	Light Legs	Core				

A) Amrie, Seelah (2 x 800), Ryan, Graham, Bodhi, Oliver

B) Tomas, Tristan, Elliot, Robby, Tien, Asher, Cameron, Carter, Cruz, Mason, Tate, Cora, Serena, Sydney, Mackenna, Leia, Zaira, Lucas, Denisse, Katie

11/5 Name	400	800	1 mile
Ryan, Graham	1:17	2:34	5:08
Amrie, Seelah	1:25	2:50	5:40
Bodhi, Oliver	1:23-1:24	2:47	5:35
Tristan, Tomas, Elliot	1:27-1:28	2:55	5:50
Robby, Tien, Asher	1:30	3:00	6:00
Cameron, Carter, Cruz	1:38-1:39	3:17	6:35
Mason, Tate, Cora, Serena, Sydney, Mackenna	1:41	3:22	6:45
Leia, Zaira	1:52-1:53	3:45	7:30
Lucas, Denisse, Katie	2:03-2:04	4:07	8:15

Rocks Poll:

A Little: oliver, robby, carter, graham, syd, seelah, katie, amrie

Not at all: Elliot, tate, lucas, cora, serena, ryan

A lot: Leia, denisse, tien

A) Amrie, Seelah, Ryan, Graham 1 mile from the 0.5 Rock to the 1.5 Rock

Seelah 2nd 1 mile from 1.5 rock to the 2.5 rock

Amrie, Ryan, Graham 0.5 from the Yellow Poles boat ramp to the end of the dam

Amrie, Ryan, Graham 2nd 0.5 from the 2 mi mark to the 2.5 mile mark.

Amrie, Ryan, Graham 1 400 from the 2.5 rock to the bathroom. 2nd 400 from bathroom to finish line. 3rd 400 from yellow poles to 1.5 rock. 4th 400 from 1.5 rock to the end of the dam.

Seelah 1st 800 from 2.5 rock to the finish. 2nd 800 from the yellow poles to the end of the dam. 4 x 400 from 1.5 rock to yellow poles

B) Everyone else:

1st 800 from the yellow poles to the end of the dam. 2nd 800 from the 2 mile mark to the 2.5 mile mark.
1st 400 from 2.5 to bathrooms. 2nd bathrooms to the finish. 3rd yellow poles to the 1.5 rock.
200s just back and forth on the flat on the dam

C) Katie, Denisse, Tomas, Tristan:

1st 800 from the yellow poles to the end of the dam.
1st 400 from the dam to the 2 mile mark. 2nd 400 from the yellow poles to the 1.5 rock.
3 x 200 on the flat part of the dam.

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800 - 1.5 mark to 2

Break up 200s on the last mile

Seelah second 800

Yellow poles to the end of the dam

400 end of dam to the 2 mile marker

400 from yellow poles to the 1.5 mile marker

100s on the dam

RACE SCHEDULE

8:00 am All Team Arrival

8:15 am Robby warm up

8:30 am Robby Bathroom

8:45 am Drills and Strides

8:55 am JV Girls Warm up

9:00 am Frosh B - Robby

9:10 am JV Girls Bathroom

9:20 am JV Girls Drills and strides

9:30 am JV Boys warm up

9:35 am JV Girls - Denisse, Katie, Leia, Zaira

9:45 am JV Boys Bathroom

10:00 am Jv Boys drills and strides

10:05 am V Girls Warm up

10:15 am JV Boys - Cameron, Carter, Cruz, Lucas, Mason, Tate, Asher

10:20 am V Girls Bathroom

10:35 am V Girls drills and strides

10:35 am V Boys warm up

10:50am V Boys Bathroom

10:50 am Varsity Girls - Amrie, Cora, Hanne, Mackenna, Seelah, Serena, Sydney

11:05 am V Boys drills and strides

11:20 am Varsity Boys - Bodhi, Elliot, Graham, Oliver, Ryan, Tristan, Tomas

Date	11/11	11/12	11/13	11/14	11/15	11/16	11/17
Running	A) The 5J Fartlek 1min, 45sec, 30 sec, 15 sec (6-8 miles total)	Easy Run (4-6 miles)	Easy Run (3-5 miles)	A) 5 x 1k cutdown B) 8 x 2 minutes cutdown (6-8 miles)	Easy Run (4-6 miles)	Long Run (8-10 miles)	Off
Location	Channel	Park Trail	Park Trail	Oak Knolls	Channel		
Recovery	Am) Mobility Pm) Roll out/scraping + Ice Bath		Pm) Epsom Salt Bath	Am) Mobility Pm) Roll out/scraping + Ice Bath	Pm) Epsom Salt Bath		
Nutrition	Am) Protein Before Practice) Carbs Pm) Protein	Pm) Protein	Pm) Protein	Am) Protein Before Practice) Carbs Pm) Protein	Pm) Protein	Pm) Protein	Pm) Protein
Strength	Light Legs		Core	Light Legs		Core	

11/14	1 minute	2 minute	500	1000
Amrie/Seelah			1:46/1:45/1:44/1:43/1:42	3:33/3:30/3:28/3:26/3:24
Ryan/Graham/Bodhi	0.2	0.4		
Oliver/Tristan/Tomas/Elliot	0.18	0.36		
Serena, Sydney, Cora, Mackenna	0.15	0.3		
Leia	0.13	0.26		

Amrie/Seelah 5 x 1k cutdown

Everyone else 4 x (2 x 2 minutes with 60 second jog) 60 second walk 60 second jog between sets

Date	11/18	11/19	11/20	11/21	11/22	11/23	11/24
Running	A) 5-6 miles B) 3-4 miles	A) 4-5 x 800 GP cut down B) 4-6 x 400 GP cutdown (A = 6-7 miles) (B = 4-5 miles)	5-6 miles 3-4 miles	A) 5-6 x 200 B) 4-6 x 100 (A = 4-5 miles) (B = 3-4 miles)	a) 3-4 miles b) 2-3 miles	NCS	Off
Location	Park Trail	Channel	Park Trail	School Grass	School Grass	Hayward	
Recovery		Am) Mobility Pm) Roll out/scraping + Ice Bath		Am) Mobility Pm) Roll out/scraping + Ice Bath	PM) Epsom Bath	Pm) Ice Bath	
Nutrition	Pm) Protein	Am) Protein Before Practice) Carbs Pm) Protein	Am) Protein Before Practice) Carbs Pm) Protein	Pm) Protein	Pm) Protein	AM) Light Protein and Carbs Pm) Protein	
Strength	Core	Light Legs	Core				

	200	400	600	800
Amrie (4-5 x 800 cutdown) 5:45-5:20	43-40	1:25-1:20	2:07.5-2:00	2:50-2:2:40
Seelah (4-5 x 800 cutdown) 5:50-5:30	43.5-41	1:27-1:22	2:10.5-2:03	2:54-2:44
Ryan, Graham, Bodhi (4-6 x 400 cutdown) 5:10-4:55	39-36	1:18-1:13		
Elliot, Tomas, Tristan, Asher (4-6 x 400 cutdown) 5:48-5:35	43-41	1:26-1:23		
Cora, Serena, Sydney 6:45-6:30	51-49	1:42-1:38		
Mackenna, Leia 7:30-7:00	56-52	1:52-1:44		

Date	11/25	11/26	11/27	11/28	11/29	11/30	12/1
Running	Amrie - 4-5 miles Seelah 5-6 miles Cora/Sydney/Serena/Leia 3-4 miles	Amrie 4-5 miles 600, 400, 300, 200, 150, 100 Seelah 6 miles 4-6 x 400m cutdown Cora 4 miles 4-5 x 40 seconds Sydney/Serena/Leia 4 miles 5-7 x 200m	Amrie 3-4 miles Seelah 5 miles Cora/Sydney/Serena/Leia 3-4 miles	Amrie 3 miles 300, 200, 200, 150, 150, 100, 100 Seelah 4 miles 3 x 200. 4 x 150 Cora/Sydney/Serena/Leia 3 miles 4-6 x 100m	Amrie 2 miles Seelah 3 miles Cora/Sydney/Serena/Leia 2 miles	States	Off
Location	Park Trail	Track	Park Trail	Track	Travel	Fresno	
Mental	News Letter HW	Team Activity at practice	Do something fun	Final thoughts goals plans etc	Letting it all go		
Recovery	Epsom Salt Bath	Am) Mobility Pm) Roll out/scraping + Ice Bath	Epsom Salt Bath	Am) Mobility Pm) Roll out/scraping + Ice Bath	Mobility/Firefly/roll out/ drills at stops Jog walk 5 x 30 seconds halfway in car ride	Pm) Ice Bath	
Nutrition	Pm) Protein	Am) Protein Before Practice) Carbs Pm) Protein	Pm) Protein	Am) Protein Before Practice) Carbs Pm) Protein	Pm) Protein	AM) Light Protein and Carbs Pm) Protein	
Strength		Core					