

2020 Monta Vista Sprints Group Links

*** GET THOSE PRS!!! ***

- Let's use the calendar for the rest of the season as a timeline and motivation to chase new 'PRs' in events of your creation
- Use the link below to navigate to the workout tracker; the sheet is now EDITABLE so be CAREFUL!!!
- Tomorrow would be Top 8; use that day to get a baseline on your 5 challenges
- Be creative - if you're stuck at home it may be jumping rope, high knees, mountain climbers...whatever.
- Pick targets and then GET AFTER THEM
- NO EXCUSES! If it means taking out a 6 foot measuring tape and putting it back-to-back-to-back-to-back.....to-back until you measure 100m in your street...DO IT. Get your parents to drive around and use the odometer, whatever it takes!
 - REMEMBER - **WINNERS FIND A WAY; LOSERS FIND EXCUSES**
- Plan on going back to the same 'events' for Leagues, SCVALs, CCS...all the way to States.
- Workout Tracking Link: <https://tinyurl.com/yccc427c>
- **There is a tab for boys and girls, you should all be on the list. I provided an example at the top of what to include in each column.**

*** "To my future self..." project:

- Write a letter to yourself that you will only open a week before the 2021 track season. For (XC athletes if you'd like to change the timeline for XC season that's fine)
- Seal it and send it to coach John: John McKeeman, 2310 Homestead Road, Suite C1 #239, Los Altos, CA 94024
- Share your feelings and thoughts, goals, aspirations, things you do want to do, things you DONT want to do...and whatever is on your mind
- Use the letter as motivation to stay on point and ensure that when your future self reads this note, it will have lived up to your expectations!
- Coach John's note as an example: <https://tinyurl.com/szkxcmq>

*** DearNYCNurses@gmail.com

- CC or BCC jamckeeman@gmail.com (Coach)
- I'll donate to the CDC campaign where Facebook will match 1 for 1 every dollar AND will put the same amount towards a food run for NYC's doctors and nurses.
- If we get:
 - 0-20 emails - I'll donate \$3 per email
 - 21-40 emails - I'll donate \$6 per email (all of them not just the 21+)
 - \$10 per person above 40 ***
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Link to college questionnaire: <https://tinyurl.com/stcfx64>

Link to college questionnaire answers: <https://tinyurl.com/t7al9zx>

*** **2020 SCHEDULE AND WORKOUT CALENDAR:** <https://tinyurl.com/tsc36r5>

--- Try this link if the above doesn't work for you: <https://tinyurl.com/yx6fna7q>

*** **GOOD WORKOUTS FOR THOSE STAYING HOME DURING THIS SCHOOL CLOSURE!** *** (Were FEB BREAK WORKOUTS FOR THOSE WHO ARE OUT OF TOWN): <https://tinyurl.com/ut5juhc>

*** **2020 400m SHOOTOUT VIDEO THANKS CONNOR AND NITIN!**
<https://tinyurl.com/tgtrmpa>

Warm-up Details, Core Library, Workout Guides: <https://tinyurl.com/sh9bvxe>

*** **SPEED TRAINING WORKOUTS:** <https://tinyurl.com/uzooj3o>

** Clearly the announcement to keep schools closed through April is a disappointment. I was hoping to be back out with you all in a short week.

HOWEVER, until we hear otherwise, we should continue training and working hard. Both CCS and CIF governing bodies have stated several times that they hope to have Spring sports pick up and will reconvene late April to make a decision. I know it is hard to work daily for a meet that may or may not happen BUT staying in shape and improving every day should be a goal no matter what so let's keep that mindset and charge ahead. If we do get the chance to race and compete again in any form you don't want to show up and say 'damn I should have worked out harder'. Stay positive, let's do it to it.**

**** As of now nothing has changed in terms of the goal of getting back out there in two weeks. I know these are crazy times BUT believe that behind the scenes we are working hard to come up with some viable options to get in some more racing in 2020. Be positive, stay working hard, and send good vibes to everyone impacted by this! ****

***** SCHOOL CLOSURE THOUGHTS ***** Let's do everything we can to stay POSITIVE during this time. The way I see it - we had an awesome first month of hard workouts, we backed off a bit to get in THREE awesome meets (Shootout, Rustbuster, Carpe Diem Games), and NOW we have a chance to get in three SOLID weeks of work before we get back out there. It is very RARE during a season to have this type of OPPORTUNITY to train uninterrupted from meets so let's take ADVANTAGE of it!

The links to the workout calendar are below and I'll have it updated. You don't have to follow it day-by-day BUT generally here is my plan:

- Use this extended period to get in more STRENGTH work that we typically can't squeeze in due to meets, meet prep, etc (this means squats, lunges, calf raises, push-ups... all that good stuff) **3** days a week
- Use this time to get HEALTHY! Lots of stretching and rolling, lower your impact (much less spike work), ice your shins, etc **6-7** days a week
- Use this time to get a KILLER CORE! Every single day even if you're locked inside your room you can do core work, hip/glute work and emerge from this with

the type of core strength critical not only to fast times but also to staying healthy. Hit it hard, hit it daily. **6-7** days a week!

- Hills - keep smashing those hills. You should do this at least **1x** a week and feel free to explore other hills if getting to Linda Vista is tough. My personal favorite is Stevens Creek from the base of the trail all the way up towards the Foothill/Stevens Creek intersection (don't go all the way just go to the top)
- Trackwork - If you can make it to the track obviously continuing to get in track work will be critical to staying in shape and ready once the opportunity to race arises. My goal is to have this be a **2** day a week maximum to prevent huge groups from congregating there and to provide workouts that don't require getting to/from the school.

REMEMBER - It is VERY EASY to fall out of shape and VERY HARD TO GET BACK IN SHAPE! Don't throw away all the work you've already done! Stay positive, stay HUNGRY and keep your foot on the gas. Think - WHEN the opportunity to race comes back you want to be READY!

REMEMBER - CHARACTER IS WHAT YOU DO WHEN NO ONE IS LOOKING! Who will work hard and carry on without coaches or captains peeking over your shoulder???

ROSTER & WORKOUT TRACKING: <https://tinyurl.com/yccc427c>

2020 Shootout LIVE RESULTS:

http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2020/CurrentMeet/Track_Field.htm

2020 Shootout Game: <https://forms.gle/gYqW5EVpzdRrF1886>

NOW OFFICIALLY CLOSED TO NEW ENTRIES***

- Intended audience is 2020 Monta Vista Track Team Members - I don't want random responses I have to sort out!

2020 400m Shootout HEATS AND PROGRAM <https://tinyurl.com/s4kxz53>

2020 400m SHOOTOUT PREVIEWS: <https://tinyurl.com/yx4bjhpy>

*** 2017 Boys 4th Place CCS Finals School Record Video:

<https://www.youtube.com/watch?v=stOy5V-qCfl>

*** 2018 Girls 7th Place CCS Finals Video:

<https://www.youtube.com/watch?v=tgXPfi8Qq0s>

MOTIVATION FROM SCHOOL RECORD HOLDING ALUMNUS REEMA APTE:

<https://tinyurl.com/srtv2qv>

Link to vote on ½ zip options *** <https://tinyurl.com/tz3sejf>