

Wilding's Weekly Workouts 2022-2023

"The only place Success comes before Work is in the dictionary" - Vince Lombardi

XC Summer Conditioning		
<u>6/27-7/1</u>	<u>7/4-7/8</u>	<u>7/11-7/15</u>
<u>7/18-8/5</u>		
Cross Country		
	<u>8/8-8/12</u>	<u>8/15-8/19</u>
<u>8/22-8/26</u>	<u>8/29-9/2</u>	<u>9/5-9/9</u>
<u>9/12-9/16</u>	<u>9/19-9/23</u>	<u>9/26-9/30</u>
<u>10/3-10/7</u>	<u>10/10-10/14</u>	<u>10/17-10/21</u>
<u>10/24-10/28</u>	<u>10/31-11/4</u>	<u>11/7-11/11</u>
Track and Field		
<u>2/6-2/10</u>	<u>2/13-2/17</u>	<u>2/20-2/24</u>
<u>2/27-3/3</u>	<u>3/6-3/10</u>	<u>3/13-3/17</u>
<u>3/20-3/24</u>	<u>3/27-3/31</u>	<u>4/3-4/7</u>
<u>4/10-4/14</u>	<u>4/17-4/21</u>	<u>4/24-4/28</u>
<u>5/1-5/5</u>	<u>5/8-5/12</u>	5/15-5/19
5/22-5/26	5/29-6/2	

❖ Visit the team website for more info!

➤ XC-[PHS-XC](#)

Track- [PHS Track and Field](#)

❖ [Strength Training](#) - Incorporate these exercises into your weekly routine!

❖ [Energy Systems](#) - Knowing how your body gets energy can help you train better

❖ [2021-2022 workouts](#) (see what we did last year!)

6/27-7/1

This is the first week of summer running. We are going to spend the first couple of weeks getting back into running and building a base. Most conditioning days will end with some form of strength training. You can see common routes we run [here](#)

Monday

- Half mile warm up
- 2, 2.5, or 4 mile options.
- squats , squat jumps, cat-dogs, bridges, donkey kicks, and planks

Tuesday

- Same as Monday

Wednesday

- Same as Monday

Thursday

- Same as Tuesday

Friday

- Same as Monday/Wednesday

Total Miles	
Newer runners: ~7-10 miles	Continuing runners: ~ 20-25 miles

[Click here to go back to the top of the document](#)

7/4-7/8

Similar to week 1. We are slowly building our base, there is no rush! **Focus more on the amount of time you can keep running, not the amount of miles.** You can see common routes we run [here](#)

Monday

- Half mile warm up
- 2, 2.5, or 4 mile options.
- squats , squat jumps, cat-dogs, bridges, donkey kicks, and planks

Tuesday

- Same as Monday

Wednesday

- Same as Monday

Thursday

- Same as Monday

Friday

- Same as Monday

Total Miles	
Newer runners: ~7-10 miles	Continuing runners: ~ 20-25 miles

[Click here to go back to the top of the document](#)

7/11-7/15

We will run when I am in town / can hold conditioning. You want to go into the season (August) being able to run 4-5 days a week and around 20 miles a week. If you don't run at all until August, the start of the season will be boring and difficult.

Monday

- Half mile warm up
- 2, 2.5, or 4 mile options.
- squats , squat jumps, cat-dogs, bridges, donkey kicks, and planks

Tuesday

- Same as Monday

Wednesday

- Same as Monday

Thursday

- Same as Monday

Friday

- Same as Monday

Total Miles	
Newer runners: ~10-15 miles	Continuing runners: ~ 25-30 miles

[Click here to go back to the top of the document](#)

7/11-7/15

We will run when I am in town / can hold conditioning. You want to go into the season (August) being able to run 4-5 days a week and around 20 miles a week. If you don't run at all until August, the start of the season will be boring and difficult.

Monday

- Half mile warm up
- 2, 2.5, or 4 mile options.
- squats , squat jumps, cat-dogs, bridges, donkey kicks, and planks

Tuesday

- Same as Monday

Wednesday

- Same as Monday

Thursday

- Same as Monday

Friday

- Same as Monday

Total Miles	
Newer runners: ~10-15 miles	Continuing runners: ~ 25-30 miles

[Click here to go back to the top of the document](#)

7/18-8/5

We will run when I am in town / can hold conditioning. You want to go into the season (August) being able to run 4-5 days a week and around 20 miles a week. If you don't run at all until August, the start of the season will be boring and difficult.

Monday

- Half mile warm up
- 2, 2.5, or 4 mile options.
- squats , squat jumps, cat-dogs, bridges, donkey kicks, and planks

Tuesday

- Same as Monday

Wednesday

- Same as Monday

Thursday

- Same as Monday

Friday

- Same as Monday

Total Miles	
Newer runners: ~15ish miles	Continuing runners: ~ 30ish miles

[Click here to go back to the top of the document](#)

8/8-8/12

This will be the first “official” practice week of our season. A lot of you will be coming off of weeks/months without running and it is going to be very hot. Drink water, remember to breathe, and know that it will get easier.

Monday

- Full mile warm up (this will happen everyday)
- Farmer road out and back (2 miles), full farmer, or to college stoplight and back (4 miles) depending on fitness

Tuesday

- Jog around campus for 20, 25, or 30 minutes. Easy conversation pace, the goal is not to walk. - Or run what you ran Monday, should have been about 25-30 minutes
 - Strength training afterwards if time

Wednesday

- 2, 3, or 4 **stadium** miles depending on your fitness

Thursday

- No practice due to GEL coach meeting

Friday

- Run to Pioneer Park and do 2 repeats around the park

Total Miles	
Newer runners: 10ish	Continuing runners: 15ish

[Click here to go back to the top of the document](#)

8/15-8/19

First week of school! You will feel more tired than normal, keep drinking more water (goal is 100-120oz a day), shoot for 8hrs of sleep, and EAT during the day. You cannot run 3+ miles a day, five days a week, without eating breakfast and lunch.

Monday

- Full mile warm up (this will happen everyday)
- 4, 6, or 8 patriots depending on what kind of shape you are in.
 - Conditioned kids feel free to run some faster near race pace
 - Unconditioned kids just try to run as long as you can without walking

Tuesday

- 4 patriot repeats. It is very hot out, we want to keep you on campus close to AC and water.
 - Some will go off campus ~4 miles with me while the rest stay back with coach Church
- 107 degrees

Wednesday

- 2 laps, 1 stadium mile, 2 laps
- 107 degrees

Thursday

- I will be out of town 8/18-8/21 so coach Church will be holding practice. It will be from 9-10:30am, still meeting in my room S108.

Friday

- I will be out of town 8/18-8/21 so coach Church will be holding practice. It will be from 9-10:30am, still meeting in my room S108.

Total Miles	
Newer runners: 10ish	Continuing runners: 15ish

[Click here to go back to the top of the document](#)

8/22-8/26

Monday

- Farmer or long farmer
- Strength exercises

Tuesday

- Dirt road repeats
 - A group - farmer then 2 repeats
 - B group - 2-3 repeats

Wednesday

- Stadium miles
 - A group - 2 laps on track, stadium mile, 2 laps on track (or patriot)
 - B group - stadium mile, 2 laps on track (or patriot) if you feel good

Thursday

- Harry Lorenzo out and back (don't push too hard on the way out)
 - A group - 22 minutes out and back
 - B group - 20 minutes out and back

Friday

- Timed mile + cooldown patriots/laps
 - I want to get you used to what your race pace should feel like. Once we know your "fastest" mile we can get a better idea for a 5k pace.

Saturday

- Running 6 days a week is something I will push varsity athletes to do. It will pay off big time down the road. Shoot for 30-60 minutes of light jogging.

Total Miles	
JV group: 15ish	Varsity group: 22ish

[Click here to go back to the top of the document](#)

8/29-9/2

Monday

- No practice, coaches are out for the day. Run on your own if you can

Tuesday

- The goal is to jog for about 40 minutes
 - **A group** - long farmer + patriots until 40 minutes
 - **B group** - Heritage loop + patriots if you feel good (depending on time)

Wednesday

- Alternating 5 minutes of hard effort followed by a 3 minute slow jog
 - **A group**: you will do the cycle 3 times (15 minutes total hard, 9 minutes easy)
 - **B group**: you will also be out there for 24 total minutes, but most of you will just try and keep a jog going the entire time.

Thursday

- Heritage loop easy shake out jog
 - **A group**: patriot lap after

Friday MIGHT CHANGE

- In-N-Out run
 - A group - All the way to Heritage (5 miles)
 - B group - Come back down Farmer central (~4 miles)

Saturday

- Running 6 days a week is something I will push varsity athletes to do. It will pay off big time down the road. Shoot for 30-60 minutes of light jogging. **Especially since we did not run Monday.**

Total Miles	
JV group: 15ish	Varsity group: 22ish

[Click here to go back to the top of the document](#)

9/5-9/9

It is going to be 113-115 degrees everyday this week. We will be in the wrestling room doing circuit workouts. Run on your own if it is possible (mornings or inside on a treadmill)

Monday

- No practice, Labor day so we did not have school

Tuesday

- We will be doing a circuit type workout in the wrestling room all week long. Rotating stations consisting of:
 - Planks, Burpees, Mtn climbers, wall sits, bird dogs, donkey kicks, roman chairs, jogging in place (in different ways), speed ladders, core exercises, and more.
- The goal is to have 8-10 stations and rotate through them all (45 seconds each) 3 times. Taking longer breaks between sets.

Wednesday

- The goal is to have 8-10 stations and rotate through them all (45 seconds each) 3 times. Taking longer breaks between sets.

Thursday

- The goal is to have 8-10 stations and rotate through them all (45 seconds each) 3 times. Taking longer breaks between sets.

Friday

- The goal is to have 8-10 stations and rotate through them all (45 seconds each) 3 times. Taking longer breaks between sets.

Saturday

- Our first meet is Saturday 9/10. Josh Ruff invitational
 - Bus leaves PHS at 7:45am, be there at 7:30
 - We should be back around 12:30pm.

Total Miles	
JV group: _____	Varsity group: _____

[Click here to go back to the top of the document](#)

9/12-9/16

Monday

- No practice :(

Tuesday

- 600, 800, 1000, 1200, 800, 600 ladder track workout
 - The goal is to run this as close to 5k pace as possible. AKA Race Pace
 - (some of you are simply trying to run the entire thing)

Wednesday

- 60 minutes of running. In-N-Out loop for everyone. This is a slow, low heart rate, kind of jog!
 - **"A group"** should cover more ground in 60 minutes.

Thursday

- PICTURE DAY!!!
- Short easy jog to let those legs recover.
 - **A group** - Long farmer
 - **B group** - Heritage loop

Friday

- 1200 meter repeats on the track. 3-4 minute break between sets. [Paces](#)
 - **A group** - 4 repeats
 - **B group** - 2 or 3 repeats

Saturday

- Running 6 days a week is something I will push varsity athletes to do. It will pay off big time down the road. Shoot for 30-60 minutes of light jogging. **Especially since we did not run Monday.**

Total Miles	
JV group: 17ish	Varsity group: 21ish

[Click here to go back to the top of the document](#)

9/19-9/23

Monday

- “Tempo” run to shake the legs out before Wednesday
 - A group: Tempo farmer (~85% of race pace) + timed patriot at the end
 - B group: farmer + patriot. If you can pick the pace up then go for it.

Tuesday

- Easy jog for mileage
 - **A group:** Heritage farmer - farmer figure 8 loop
 - **B group:** Heritage farmer + patriot

Wednesday

- (800, 800, 1600) x2
 - The goal is to run your target “race pace”

Thursday

- 60 minutes of running. In-N-Out loop for everyone. This is a slow, low heart rate, kind of jog!
 - “**A group**” should cover more ground in 60 minutes.

Friday

- Harry Lorenzo Out and back
 - **A group:** 2 miles out, 2 miles back
 - **B group:** 1.5 miles out and back (turn around at road 25a)

Saturday

- A group at this point should be running 6 days a week.

Total Miles	
JV group: 20ish	Varsity group: 26ish

[Click here to go back to the top of the document](#)

9/26-9/30

Monday

- "Easy jog for mileage
 - **A group:** Long farmer
 - **B group:** Heritage farmer

Tuesday

- Pre-meet easy farmer + strides
- **Make sure to carbo load and drink plenty of water in preparation for the first GEL meet**

Wednesday

- GEL #1 in Dixon. You will be dismissed from class at 1:15pm and the bus will leave at 1:30pm (waiting on the final time from the AD, then I will update this)

Thursday

- In-N-Out recovery run
 - **A group** - Come back Heritage
 - **B group** - come back Farmer Central

Friday

- No practice, enjoy the rival game and have a great weekend.

Saturday

- Try and get an easy 30-40 minute jog on Saturday.

Total Miles	
JV group:	Varsity group:

[Click here to go back to the top of the document](#)

10/3-10/7

Monday

- Track workout! 800, 1200, 1600, 800, 400
 - **A group:** Farmer first. (know your goal splits!!!) patriot cd after if time
 - **B group:** 1-2 patriot cooldown after

Tuesday

- In-N-Out EASY jog recovery

Wednesday

- Some of us are checking out Muller ranch to see if it is runnable. The rest will stay back with coach church and likely do stadiums!

Thursday

- **A group** will be assisting the Gibson Elementary XC meet
 - 2.5 mile jog there, help out however they need, then jog back
- **B group** will stay here with coach Church and run a long farmer

Friday

- Run to Rick Gonzalez Senior park and play frisbee then run back

Saturday

- Try and get an easy 30-40 minute jog on Saturday.

Total Miles	
JV group: ~20-25	Varsity group: ~25-30

[Click here to go back to the top of the document](#)

10/10-10/14

Monday

- In-N-Out tempo run - Tempo from just before Farnham until you get to Maxwell
 - **A group** - Come back Heritage
 - **B group** - come back Farmer Central

Tuesday

- Pre-meet easy farmer + strides
- **Make sure to carbo load and drink plenty of water in preparation for the first GEL meet**

Wednesday

- GEL #2 at Rio Linda. You will be dismissed from class at 1:15pm and the bus will leave at 1:30pm

Thursday

- Harry Lorenzo out and back - Easy pace
 - **A group** 3 miles out and back (to road 27a is 3 miles)
 - **B group** 2 miles out and back (to the S turn)

Friday

- Run Heritage loop - pre race easy jog

Saturday

- Wildfire Invitational. Bus leaves at 6am, we should be back to campus by 1pm

Total Miles	
JV group: ~20-25	Varsity group: ~25-30

[Click here to go back to the top of the document](#)

10/17-10/21

Monday

- In-N-Out tempo run. *Tempo is more of a feeling than a set pace, run harder for 5-10 minutes*
 - **A group** - Tempo down Farnham and down heritage. Come back Heritage
 - **B group** - Tempo down Farnham. come back Farmer Central

Tuesday

- Track workout. 1,000 meter repeats “at your own pace”
 - Everyone needs to do at least 4 of these before leaving.
 - Some of you can choose to do more, Brayden will do closer to 8.
 - How big of a break you get between them will be up to you (except Brayden)

Wednesday

- Harry Lorenzo 30 minute out and back (60 minute slow run)

Thursday

- Coach Church will be holding practice.

Friday

- No practice, enjoy the Homecoming game! Those of you going to Flat Sac make sure to eat something good and drink water!

Saturday

- Flat Sac Invitational. Bus leaves at 7:15am, we should be back to campus by 1:45pm

Total Miles	
JV group: ~20-25	Varsity group: ~25-30

[Click here to go back to the top of the document](#)

10/24-10/28

Monday

- Farmer central dirt road repeats - Tempo pace
 - A group - 4 repeats (down, rest, back, rest, down + back)
 - B group - 2 repeats (down, rest, back)

Tuesday

- Pre-meet easy Heritage loop & maybe strides
- Make sure to carbo load and drink plenty of water in preparation for the GEL Championship meet

Wednesday

- GEL Champs at Sierra College. We are leaving at 12:00 which is right in the middle of lunch. We will meet outfront of the office and walk through together

Thursday

- Something “fun and easy” on campus, any ideas? - group chose ultimate frisbee

Friday

- No practice, enjoy the minimum day!

Saturday

- Try and get an easy 30-40 minute jog on Saturday.

Total Miles	
JV group: ~20-25	Varsity group: ~25-30

[Click here to go back to the top of the document](#)

10/31-11/4

Monday

- Easy long farmer jog

Tuesday

- Long farmer

Wednesday

- 2 Patriots and six-ten 300m strides (55-65 seconds, nothing crazy)

Thursday

- Farmer and pick up the pie

Friday

- 2 patriots and some strides on the football field

Saturday

- SUB-SECTIONS!! ([website link](#))

Total Miles	
JV group: ~20-25	Varsity group: ~25-30

[Click here to go back to the top of the document](#)

11/7-11/11

Congrats to Camila and Briana for qualifying for sections!!

Monday

- Patriot repeats

Tuesday

- Long farmer

Wednesday

- 2 Patriots and six-ten 300m strides (55-65 seconds, nothing crazy)

Thursday

- Farmer and pick up the pie

Friday

- 2 patriots and some strides on the football field

Saturday

- SUB-SECTIONS!! ([website link](#))

Total Miles	
JV group: ~20-25	Varsity group: ~25-30

[Click here to go back to the top of the document](#)

2/6-2/10

First week of track practice! The goal right now is for easy mileage. Let your bodies get used to running 5 days a week again.

Monday

- 10-15 minutes of jogging followed by four 200m repeats (strides essentially)

Tuesday

- Long farmer or farmer depending on what you can handle

Wednesday

- Pioneer Park repeats

Thursday

- Long farmer or farmer depending on what you can handle

Friday

- Patriot
- 400,600,800,1200,800,400 with plenty of breaks in between
- Patriot cooldown

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

2/13-2/17

Monday

- No practice (no school)

Tuesday

- 3x1200m repeats + patriot cooldown. It was very windy

Wednesday

- Long farmer or farmer
- strength work
 - Wall sits, squats, push ups, jump squats, donkey kicks, bridges, lunges, single leg bounds, and planks

Thursday

- (200, 200, 400)x 3-4 depending on your fitness. This workout is designed to be run fast
- 200's should all be 2-3 seconds ahead of mile race pace
 - 6 min mile would be 45 second 200m splits. So in this workout you'd aim for 42's
- 400's should all be at mile race pace (6 min mile = 90 second 400m)

Friday

- Long farmer or farmer

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

2/20-2/24

Monday

- No practice (no school)

Tuesday

- Weight room practice. Most of you ran 2.5-4 miles in the wind

Wednesday

- 400,600,800 followed by 3x300m strides in the wind

Thursday

- (100,200,300,400) x 3
 - CD: walk/jog to the next spot within set
 - Between sets ~5 minute rest

Friday

- It will be rainy, so likely no practice or something in the weight room. Be sure to get a run or two this weekend since this week was so unpredictable.

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

2/27-3/3

Monday

- TBD based on the weather / rain

Tuesday

- TBD based on the weather / rain

Wednesday

- TBD based on the weather / rain

Thursday

- 8x400m with 2 minute rest between reps.
 - 1-3 should be “easier”
 - 4-6 should be around your race pace, maybe 2-5 seconds off
 - 7-8 should be all out. At or slightly ahead of race pace is the goal
- Keep in mind this early in the season we are just here to build our endurance and get used to workouts. Later on times and splits will be more important.

Friday

- In-N-Out run with TWO tempos (for those of you who can handle tempos)
 - Tempo Farnham - Maxwell (1 mile)
 - Tempo down heritage or farmer central road (1 mile)

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

3/6-3/10

Monday

- TBD based on the weather / rain

Tuesday

- TBD based on the weather / rain

Wednesday

- TBD based on the weather / rain

Thursday

- Meeting in room S108 for uniforms and fundraiser info

Friday

- 3x(200, 200, 400) speed workout

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

3/13-3/17

Monday

- 4x800m with negative splitting in mind

Tuesday

- No practice due to rain/wind

Wednesday

- 8x400m with 2 minute rest between reps.
 - 1-3 should be “easier”
 - 4-6 should be around your race pace, maybe 2-5 seconds off
 - 7-8 should be all out. At or slightly ahead of race pace is the goal
- Keep in mind this early in the season we are just here to build our endurance and get used to workouts. Later on times and splits will be more important.

Thursday

- Jog a farmer to the college stop light then turn around and come back (4 miles)
- Two farmers (5+ miles)

Friday

- Pre-meet easy day. 2 patriots followed by strides on the field and stretching

Saturday

- Fighting Zebra Invitational
- Bus leaves at 7am, be there earlier

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

3/20-3/24

Monday

- Picture day!
- 200's & 400's with whatever time we have left afterwards

Tuesday

- Pre-meet easy day. 2 patriots followed by strides on the field and stretching
- Might be canceled / changed due to rain

Wednesday

- GEL #1. **Bus leaves at 11:30, you will be excused from 4th period at 11:15.**

Thursday

- In-N-Out recovery jog
- Football field strides

Friday

- 3 x (200, 400, 600)
- 3 x 300m strides
- Patriot cool down

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

3/27-3/31

Monday

- 1600,800,400, 400,800,1600

Tuesday

- Canceled due to rain

Wednesday

- Canceled due to rain. GEL #2 postponed until April 26th

Thursday

- In-N-Out long slow easy run

Friday

- 3200m workout
 - 3-4 x 1,000m repeats at goal 3200m pace ; 90-120 second break between or slow jog 400m recovery
- 1600m workout
 - 2 x (4x200m ~85-90% effort , 2x400m @ slightly faster than mile pace)
 - Slow jog recovery after the 200's at your own pace
 - 90 second break after the 400's. 5 minute rest between the two sets

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

4/3-4/7

Monday

- Two farmers - on the first tempo CO102, on the second tempo the Farmer central dirt road. Easy jogging when not tempoing.
- If you cannot handle 5+ miles, you will turn around at the college stop light and head back. Tempoing CO102 on the way out.

Tuesday

- Easy pre-meet day. ~15-20 minute jog and 6-8 100 yard strides

Wednesday

- Davis Practice Meet vs Davis/Woodland/Dixon
- **Bus leaves at 2pm**
- You will be assigned a number and you can participate in whatever events you wish (up to 4)

Thursday

- Long farmer easy recovery jog

Friday

- 8 x 400m repeats @ goal mile pace
 - It is okay to be a little off goal pace for the first half, goal is to finish at goal pace or ahead.

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

4/10-4/14 - Spring Break

Monday

- Since it is Spring break, do what you can. Some coaches will be able to hold practice for those of you in town. Check remind for updates on times.

Tuesday

- Since it is Spring break, do what you can. Some coaches will be able to hold practice for those of you in town. Check remind for updates on times.

Wednesday

- Since it is Spring break, do what you can. Some coaches will be able to hold practice for those of you in town. Check remind for updates on times.

Thursday

- Since it is Spring break, do what you can. Some coaches will be able to hold practice for those of you in town. Check remind for updates on times.

Friday

- Since it is Spring break, do what you can. Some coaches will be able to hold practice for those of you in town. Check remind for updates on times.

Saturday

- Halden Invitational - [Website with info](#)
 - No bus for this since it is all day and in Davis.

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

4/17-4/21

Monday

- In-N-Out tempo run. Easy when not tempoing, solid effort during the tempo.
 - Everyone will tempo Farnham road.
 - Those running the heritage 5 mile version should tempo down heritage as well.

Tuesday

- Pre-meet day. 2 mile jog with some strides and stretching

Wednesday

- GEL #3 @ Dixon High School
 - Bus leaves at 12pm noon

Thursday

- Easy run down Harry Lorenzo

Friday

- 2 sets of 400-600-400-200
 - Pace: mile pace - 3 sec; faster than mile pace; mile pace - 3 sec, all out
 - Rest: 3 min rest between reps, 400m walk rest between sets

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

4/24-4/28

Monday

- Easyish Farmer followed by 4x400m

Tuesday

- Pre-meet day. 2 mile jog with some strides and stretching

Wednesday

- GEL #2 (make-up meet) @ Mira Loma High School
 - **Bus leaves at 11:30am, you are excused at 11:15am**

Thursday

- Easy farmer followed by 3 x 300m strides

Friday

- Pre-meet day. 2 mile jog with some strides and stretching

Saturday

- GEL Champs @ Mira Loma High School. This meet will start saturday morning, time TBD.
 - **Bus leaves at 8am**
 - **Senior recognition at 9am**
 - **Events begin at 10am**
 - **Top 4 athletes in varsity events move on to Sections meet**
 - **Top 3 athletes get medals**

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

5/1-5/5

Monday

- Short meeting going over sections

Tuesday

- 3-4 x (200, 200, 400) speed focused.

Wednesday

- “Fast” Farmer

Thursday

- 1-2 x 1200m, 2x800m, 2x400m
 - 1200's & 800's @ 2 mile pace w/ 2-4 min rest
 - 400's ~ mile pace
- Mile cooldown depending on time

Friday

- Easy 3-4 miles

Total Miles	
JV group: ~	Varsity group: ~

[Click here to go back to the top of the document](#)

5/8-5/12

Monday

- Pre-meet day. 2 mile jog with some strides and stretching

Tuesday

- TRIALS: D3/4 Sections meet @ Weston Ranch High School

Wednesday

- Pre-meet day. 2 mile jog with some strides and stretching

Thursday

- FINALS: D3/4 Sections meet @ Weston Ranch High School

Friday

- We will see who makes it to masters!

Total Miles	
JV group: ~	Varsity group: ~

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