

MONTE VISTA CROSS COUNTRY FALL 2023 SCHEDULE (Everything is subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Aug 7, 2023</p> <p>Morning Session 7:00 AM Meet at MVHS Track</p> <p><u>Aerobic Run</u> 25-50 minutes at easy pace •4-6 x 100m Strides •Dynamic Mobility Circuit, Shin Strength, Medicine Ball Circuit #1</p>	<p>8</p> <p>Morning Session 7:00 AM Meet at MVHS Track</p> <p><u>Threshold Workout or CV</u> Details TBD •Hurdle Mobility, Foot Ankle, GS Post Workout Circuit #2</p>	<p>9</p> <p>Morning Session 7:00 AM Meet at Sycamore Valley Day School: 1500 Sherburne Hills Rd</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Dynamic Mobility Circuit, Shin Strength, Medicine Ball Circuit #1</p>	<p>10</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Dynamic Mobility, Circuit, Shin Strength, Medicine Ball Circuit #2</p>	<p>11</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Speed Endurance / Special Endurance</u> Details TBD •Rope Stretch, Pushups, Foot Ankle #2 - (CL)</p>	<p>12</p> <p>Morning Session 7:30 AM Independence Park 2798 Holmes St, Livermore, CA</p> <p><u>Long Run</u> 50-90 min Out and back looping on the Park trails</p> <p>Dynamic, Strides, Strength Training, Rope Stretching</p>
<p>Aug 14, 2023</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> 35-60 minutes •6-8 wickets, •Hurdle Mobility, Eccentrics, Shin Strength</p>	<p>15</p> <p>Evening Session 6:30 PM Meet at Sycamore Valley Day School: 1500 Sherburne Hills Rd</p> <p><u>Threshold Workout or CV</u> Details TBD •Rope Stretch, Pushups, Foot Ankle</p>	<p>16</p> <p>Afternoon Session 3:40 PM Meet at MVHS Weight Room</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Strength Training</p>	<p>17</p> <p>Morning Session OYO <u>Aerobic Run</u></p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA</p>	<p>18</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-60 minutes sustained pace. Macedo Ranch Run for some. •6-8 x 100m Strides •Dynamic Mobility Circuit, Shin Strength, Fascia, Barefoot Strength</p>	<p>19</p> <p>SCRIMMAGE vs. DV & SRV 2503 Piccadilly Cir, San Ramon, CA 94582</p> <p>Long Run After & Team BBQ 7:30am Girls / 8:00am Boys</p>
<p>Aug 21, 2023</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> 35-60 minutes •6-8 wickets, •Hurdle Mobility, Eccentrics, Shin Strength</p>	<p>22</p> <p>Evening Session 6:30 PM Meet at MVHS Track</p> <p><u>Threshold Workout or CV</u> Details TBD •Rope Stretch, Pushups, Foot Ankle</p>	<p>23</p> <p>Afternoon Session 3:40 PM Meet at MVHS Weight Room</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Strength Training</p>	<p>24</p> <p>Morning Session OYO <u>Aerobic Run</u></p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA</p>	<p>25</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Speed Endurance / Special Endurance</u> Details TBD •Rope Stretch, Pushups, Foot Ankle #2 - (CL)</p>	<p>26</p> <p>Morning Session 7:30 AM Independence Park 2798 Holmes St, Livermore, CA</p> <p><u>Long Run</u> 50-90 min Out and back looping on the Park trails</p> <p>Dynamic, Strides, Strength Training, Rope Stretching</p>
<p>Aug 28, 2023</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> 35-60 minutes •6-8 wickets, •Hurdle Mobility, Eccentrics, Shin Strength</p>	<p>29</p> <p>Evening Session 6:30 PM Meet at Sycamore Valley Day School: 1500 Sherburne Hills Rd</p> <p><u>Threshold Workout or CV</u> Details TBD •Rope Stretch, Pushups, Foot Ankle</p>	<p>30</p> <p>Afternoon Session 3:40 PM Meet at MVHS Weight Room</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Strength Training</p>	<p>31</p> <p>Morning Session OYO <u>Aerobic Run</u></p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA</p>	<p>Sep 1, 2023</p> <p>Morning Session 6:30 AM Meet at MVHS Track - VARSITY ONLY</p> <p><u>Speed Endurance / Special Endurance</u> Details TBD •Rope Stretch, Pushups,</p>	<p>2</p> <p>Morning Session 7:30 AM Independence Park 2798 Holmes St, Livermore, CA</p> <p><u>Long Run</u> 50-90 min Out and back looping on the Park trails</p> <p>Dynamic, Strides, Strength Training, Rope Stretching</p>
<p>Sep 4, 2023</p> <p>Morning Session 7:00 AM Meet at MVHS Track</p> <p><u>Aerobic Run</u> 35-60 minutes •6-8 wickets, •Hurdle Mobility, Eccentrics, Shin Strength</p>	<p>5</p> <p>Evening Session 6:30 PM Meet at MVHS Track</p> <p><u>Threshold Workout or CV</u> Details TBD •Rope Stretch, Pushups, Foot Ankle #2 - (CL)</p>	<p>6</p> <p>Afternoon Session 3:40 PM Meet at MVHS Weight Room</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Strength Training</p>	<p>7</p> <p>Morning Session OYO <u>Aerobic Run</u></p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA</p>	<p>8</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Pre Meet</u> •20-50 minutes recovery. •Dynamic •6-8 x 100m Strides •Band Pulls, Fascia, Foot Ankle</p>	<p>9</p> <p>MEET DAY Lowell Invitational @ Golden Gate Park</p> <p>Meet Info Here & course Map</p> <p>All Athletes</p>
<p>Sep 11, 2023</p> <p>Afternoon Session 3:40 PM Meet at Iron Horse Trail, Alamo</p> <p><u>Long Run</u> 60-90 minutes •6-8 x 100m Strides •Dynamic Mobility Circuit, Shin Strength, Fascia, Foot Ankle</p>	<p>12</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Dynamic Mobility Circuit, Shin Strength, Medicine Ball Circuit #1</p>	<p>13</p> <p>Evening Session 6:30 PM Meet at MVHS Track</p> <p><u>Threshold Workout or CV</u> Details TBD •Hurdle Mobility, Foot Ankle, GS Post Workout Circuit #1 - CL</p>	<p>14</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA</p>	<p>15</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Pre Meet</u> •20-50 minutes recovery. •Dynamic •6-8 x 100m Strides •Band Pulls, Fascia, Foot Ankle</p>	<p>16</p> <p>MEET DAY Nike De La Salle Invite @ Newhall Park, Concord, CA</p> <p>Meet Info Here & course Map</p> <p>All Athletes</p>
<p>Sep 18, 2023</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> 35-60 minutes •6-8 wickets, •Hurdle Mobility, Eccentrics, Shin Strength</p>	<p>19</p> <p>Evening Session 6:30 PM Meet at Sycamore Valley Day School: 1500 Sherburne Hills Rd</p> <p><u>Threshold Workout or CV</u> Details TBD •Rope Stretch, Pushups, Foot Ankle</p>	<p>20</p> <p>Afternoon Session 3:40 PM Meet at MVHS Weight Room</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Strength Training</p>	<p>21</p> <p>Morning Session OYO <u>Aerobic Run</u></p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA</p>	<p>22</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Speed Endurance / Special Endurance</u> Details TBD •Rope Stretch, Pushups, Foot Ankle #2 - (CL)</p>	<p>23</p> <p>Morning Session 7:30 AM Independence Park 2798 Holmes St, Livermore, CA</p> <p><u>Long Run</u> 50-90 min Out and back looping on the Park trails</p> <p>Dynamic, Strides, Strength Training, Rope Stretching</p>
<p>Sep 25, 2023</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> 35-60 minutes •6-8 wickets, •Hurdle Mobility, Eccentrics, Shin Strength</p>	<p>26</p> <p>Evening Session 6:30 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Dynamic Mobility Circuit, Shin Strength, Medicine Ball Circuit #1</p>	<p>27</p> <p>Afternoon Session 3:40 PM Meet at MVHS Weight Room</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Strength Training</p>	<p>28</p> <p>Morning Session OYO <u>Aerobic Run</u></p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA</p>	<p>29</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Speed Endurance / Special Endurance or Pre Meet</u> Details TBD •Rope Stretch, Pushups, Foot Ankle #2 - (CL)</p>	<p>30</p> <p>MEET DAY Scott Bauhs Invitational Shadow Cliffs Rec Area 2500 Stanley Blvd, Pleasanton, CA 94566</p> <p>Meet Info Here</p> <p>All Athletes</p>
<p>Oct 2, 2023</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •35-60 minutes sustained pace as prescribed. •Dynamic Mobility Circuit, Shin Strength, Medicine Ball Circuit #1</p>	<p>3</p> <p>Evening Session 6:30 PM Meet at MVHS Track</p> <p><u>Threshold Workout or CV</u> Details TBD •Hurdle Mobility, Foot Ankle, GS Post Workout Circuit #1</p>	<p>4</p> <p>MEET DAY Mid-Season Mania 1600m @ Campolindo HS - 4:15 pm</p> <p>Non-Competing Athletes Practice @ 3:40 pm at MV</p>	<p>5</p> <p>Morning Session OYO <u>Aerobic Run</u></p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Aerobic Run</u> •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA</p>	<p>6</p> <p>8:30 AM Varsity Departs for Fresno, CA</p> <p>Afternoon Session 3:40 PM Meet at MVHS Track</p> <p><u>Pre Meet</u> •20-50 minutes recovery. •Dynamic •6-8 x 100m Strides •Band Pulls, Fascia, Foot Ankle</p>	<p>7</p> <p>MEET DAY Clovis Invitational Woodward Park, Fresno, CA</p> <p>Meet Info Here & course Map</p> <p>Varsity Athletes Only</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 9, 2023 Afternoon Session 3:40 PM Meet at Iron Horse Trail, Alamo Long Run 60-90 minutes •Dynamic Mobility Circuit, Fascia, Foot Ankle, Pushups	10 Afternoon Session 3:40 PM Meet at MVHS Track Aerobic Run •30-55 minutes sustained pace as prescribed.	11 Evening Session 5:00 PM Meet at MVHS Track Threshold Workout or CV Details TBD •Hurdle Mobility, Foot Ankle, GS Post Workout Circuit #1 - CL	12 Afternoon Session 3:40 PM Meet at MVHS Track Aerobic Run •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA	13 Afternoon Session 3:40 PM Meet at MVHS Track Pre Meet •20-50 minutes recovery. •Dynamic •6-8 x 100m Strides •Band Pulls, Fascia, Foot Ankle	14 MEET DAY Terry Ward Invitational Meet Info Here & course Map All Athletes
Oct 16, 2023 Afternoon Session 3:40 PM Meet at MVHS Track Aerobic Run 35-60 minutes •6-8 wickets, •Hurdle Mobility, Eccentrics, Shin Strength	17 Evening Session 6:30 PM Meet at MVHS Track Threshold Workout or CV Details TBD •Rope Stretch, Pushups, Foot Ankle	18 Afternoon Session 3:40 PM Meet at MVHS Weight Room Aerobic Run •30-55 minutes sustained pace as prescribed. •Strength Training	19 Morning Session OYO Aerobic Run Afternoon Session 3:40 PM Meet at MVHS Track Aerobic Run •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA	20 Afternoon Session 3:40 PM Meet at MVHS Track Speed Endurance / Special Endurance Details TBD •Rope Stretch, Pushups, Foot Ankle #2 - (CL)	21 Morning Session 7:30 AM Independence Park 2798 Holmes St, Livermore, CA Long Run •50-90 min Out and back looping on the Park trails •Dynamic, Strides, Strength Training, Rope Stretching
Oct 23, 2023 Afternoon Session 3:40 PM Meet at MVHS Track Aerobic Run 35-60 minutes •6-8 wickets, •Hurdle Mobility, Eccentrics, Shin Strength	24 Afternoon Session 3:40 PM Meet at MVHS Weight Room Aerobic Run •30-55 minutes sustained pace as prescribed. •Strength Training	25 MEET DAY Mid-Season Mania 3200m @ Campolindo HS - 4:00 pm	26 Morning Session OYO Aerobic Run Afternoon Session 3:40 PM Meet at MVHS Track Aerobic Run •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA	27 Afternoon Session 3:40 PM Meet at MVHS Track Speed Endurance / Special Endurance Details TBD •Rope Stretch, Pushups, Foot Ankle #2 - (CL)	28 Morning Session 7:30 AM Meet at Iron Horse Trail, Alamo Long Run 50-90 min Out and back looping on the Park trails Dynamic, Strides, Strength Training, Rope Stretching
Oct 30, 2023 Afternoon Session 3:40 PM Meet at MVHS Track Aerobic Run 35-60 minutes •6-8 wickets, •Hurdle Mobility, Eccentrics, Shin Strength	31 Evening Session 6:30 PM Meet at Sycamore Valley Day School: 1500 Sherburne Hills Rd Threshold Workout or CV Details TBD •Rope Stretch, Pushups, Foot Ankle	Nov 1, 2023 Afternoon Session 3:40 PM Meet at MVHS Weight Room Aerobic Run •30-55 minutes sustained pace as prescribed. •Strength Training	2 Morning Session OYO Aerobic Run Afternoon Session 3:40 PM Meet at MVHS Track Aerobic Run •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA	3 Afternoon Session 3:40 PM Meet at MVHS Track Speed Endurance / Special Endurance Details TBD •Rope Stretch, Pushups, Foot Ankle #2 - (CL)	4 MEET DAY EBAL Championships Meet Info Here Course Map Here All athletes who meet team standards
Nov 6, 2023 No Practice // OFF DAY	7 Afternoon Session 3:40 PM Meet at MVHS Track Aerobic Run 35-60 minutes •6-8 wickets, •Hurdle Mobility, Eccentrics, Shin Strength	8 Evening Session 5:00 PM Meet at Monte Vista Threshold Workout or CV Details TBD •Rope Stretch, Pushups, Foot Ankle	9 Morning Session OYO Aerobic Run Afternoon Session 3:40 PM Meet at MVHS Track Aerobic Run •30-55 minutes sustained pace as prescribed. •Wickets, Hurdle Mobility, FA	10 Morning Session 8:30 AM Meet at Hayward HS NCS RUNNER ONLY!!! Speed Endurance / Special Endurance Details TBD •Rope Stretch, Pushups, Foot Ankle #2 - (CL)	11 Morning Session 8:30 AM Iron horse trailhead Alamo, CA Long Run 50-90 min Out and back looping on the Park trails Dynamic, Strides, Strength Training, Rope Stretching
Nov 13, 2023 Afternoon Session 3:40 PM Meet at MVHS Track Aerobic Run 35-60 minutes •6-8 wickets, •Hurdle Mobility, Eccentrics, Shin Strength	14	15	16	17	18 MEET DAY NCS Championships Meet Info Course Map Varsity Athletes Only
Nov 20, 2023	21	22	23	24 8:30 AM Varsity Departs for Fresno, CA	25 MEET DAY CIF Championships Meet Info Course Map Varsity Athletes Only