

# Summer 2025 Training Schedule (\*Schedule is periodically revised, check back for revisions)

*\*revised 7/4/2025*

Monday-Friday begins at 7:00AM and ends by 8:45AM. All athletes must be picked up by 8:45AM. Nimbus Fish Hatchery begins at 7:10AM due to gate opening at 7:00. Practice will still end at 8:45 at the hatchery.

Goal is to keep a steady pace at an aerobic level. You should be able to comfortably hold a conversation. If you are new to running, aim for 20 minute base training run, then increase by 10% each week

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		<p><b>6/16/2025:</b> 7:10A Nimbus Fish Hatchery</p> <p>BaseTraining; crazy feet; lower body strength</p>	<p>6/17: 7:00A Meraki</p> <p>BaseTraining; 6 strides; Crazy Feet; upper body strength</p>	<p>6/18: 7:00A Phoenix Park</p> <p>BaseTraining; 6 strides; crazy feet; active recovery</p>	<p>6/19: 7:00A Bannister</p> <p>BaseTraining; 6 barefoot strides; crazy feet; core strength</p>	<p>6/20: 7:00A Village Park</p> <p>BaseTraining; 6 strides; crazy feet; targeted recovery</p>	<p>6/21: 8:00A Bannister Park</p> <p><b>BREAKFAST RUN</b> (bring food to share, &amp; allow time to eat after running!)</p> <p>Long Run</p>
2	6/22 ROYO/OFF	<p>6/23 7:10A Nimbus Fish Hatchery</p> <p>BaseTraining; crazy feet; lower body strength</p>	<p>6/24: 7:00A Village Park</p> <p>BaseTraining; 6 strides; Crazy Feet; upper body strength</p>	<p>6/25: 7:00A Phoenix Park</p> <p>BaseTraining; 6 strides; crazy feet; active recovery</p>	<p>6/26: 7:00A Bannister</p> <p>BaseTraining/ Hill Repeats; 6 barefoot strides; crazy feet; core strength</p>	<p>6/27: 7:00A Stables</p> <p>BaseTraining; 6 strides; crazy feet; targeted recovery</p>	<p>6/28: 8:00A Village Park - Long Run</p> <p>Meet in the parking lot of the Fair Oaks Parks &amp; Rec. building.</p>

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	<p><b>6/29</b> <b><u>Dead Period starts tomorrow (no coach led practice or contact for 2 Weeks)</u></b></p>	<p><b>6/30:</b> 7:10A Nimbus Fish Hatchery <i>(NFH closes 7/1) No Coaches Present @ Practice allowed for 2 weeks per California Interscholastic Federation Rules</i> Captain led practice - steady state + strides  <i>Dead Period (no coach led practice or contact)</i></p>	<p><b>7/1/2025:</b> 7 AM Village Park <u>Captain led practice</u> BaseTraining; 6 strides;  <i>Dead Period (no coach led practice or contact)</i></p>	<p><b>7/2:</b> 7:00A Phoenix Park <u>Captain led practice</u>  BaseTraining; 6 strides; crazy feet; active recovery  <i>Dead Period (no coach led practice or contact)</i></p>	<p><b>7/3:</b> 7:00A Bannister <u>Captain led practice</u>  BaseTraining + Strides  <i>Dead Period (no coach led practice or contact)</i></p>	<p><b>7/4:</b> Happy 4th of July  Run On Your Own (ROYO)</p>	<p>7/5: ROYO</p>
4	<p>7/6 ROYO/Off</p>	<p><b>7/7:</b> 7 AM Stables <u>Captain led practice</u>  BaseTraining; 6 strides;  <i>Dead Period (no coach led practice or contact)</i></p>	<p><b>7/8:</b> 7 AM Village Park <u>Captain led practice</u>  BaseTraining; 6 strides;  <i>Dead Period (no coach led practice or contact)</i></p>	<p><b>7/9:</b> 7:00A Phoenix Park <u>Captain led practice</u>  BaseTraining; 6 strides; crazy feet; active recovery  <i>Dead Period (no coach led practice or contact)</i></p>	<p><b>7/10:</b> 7:00A Bannister <u>Captain led practice</u>  BaseTraining + Strides  <i>Dead Period (no coach led practice or contact)</i></p>	<p><b>7/11:</b> 7 AM Stables <u>Captain led practice</u>  BaseTraining; 6 strides;  <i>Dead Period (no coach led practice or contact)</i></p>	<p><b>7/12:</b> 8 AM Village Park <u>Captain led practice</u>  Long Run; 6 strides;  <i>Dead Period (no coach led practice or contact)</i></p>

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5	7/13 ROYO/Off	7/14: 7:00A Phoenix Park ---- Base Training; 6 strides; crazy feet; core strength	7/15: 7:00A Village Park ---- Base Training or Figure 8 Tempo; Crazy Feet	7/16: 7:00AM Phoenix Park ---- Base Training; 6 strides; crazy feet; core strength	7/17: 7:00A Bannister ---- 2-5 Hill repeats	7/18: 7:00A Stables ---- Base Training; 6 strides; crazy feet; targeted recovery	7/19: 7:00A Meraki + Volunteers needed for Great American Race. Meet at South side Jim's Bridge 8:30 am
6	7/20 ROYO/Off	7/21: <i>Distance Track Camp</i>	7/22: <i>Distance Track Camp</i>	7/23: <i>Distance Track Camp</i>	7/24: <i>Distance Track Camp</i>	7/25: <i>Distance Track Camp</i>	7/26: ROYO
7	7/27: ROYO/Off	7/28: 7:00A Village Park ---- <b>(Must be cleared by Athletic Dept. First day of official practice).</b>  Base Training; crazy feet; upper body strength	7/29: 7:00A BV Track ---- Warm up; Ladder; Cool Down crazy feet; lower body strength	7/30: 7:00A Phoenix Park ---- Base Training; 6 strides; crazy feet; core strength	7/31: 7:00A Bannister ---- Warm up; Tempo Hills 20-25 mins (downhill technique); Cool Down; Crazy feet	<b>8/1/2025:</b> 7:00A Stables ---- Recovery Run/Steady State; 6 strides; crazy feet; targeted recovery	8/2: 8:00A Old Folsom ---- Long Run

	<i>Scroll down to the next page...</i>						
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	8/3: ROYO/Off	8/4: 7:00A Village Park --- Base Training; crazy feet; upper body strength	8/5: 7:00A Iron Point --- Warm up; Tempo Run; Cool Down crazy feet  <i>Need help with volunteers to setup immediately after practice for 50th BVXC women's reunion</i>	8/6: 7:00A Phoenix Park --- Base Training; 6 strides; crazy feet; core strength  <i>(50th reunion of women's BVXC. RSVP required)</i>	8/7: 7:00A Bannister --- Warm up; Long Hills (start at far end of Jim's Bridge); Cool Down; Crazy feet	8/8: 7:00A Stables --- Recovery Run/Steady State; 6 strides; crazy feet; targeted recovery	8/9: 7:45A Old Folsom --- Long Run
9	8/10: ROYO/Off	8/11: 7:00A Bannister --- Hills	8/12: 7:00A Stables --- Recovery - Steady State	8/13: 7:00A Village Park --- Steady State	8/14: 3:45P BV Track --- <i>First Day of School</i>	8/15: 3:45 BV Track --- Pre-Race	8/16: 7:45A Iron Point --- <i>*Time Trial Singlets for sale afterwards</i>

	8/17 ROYO/Off	8/18 <i>Begin using main training calender (6:30 PM Booster meeting at Coach K's home) <a href="#">2025/26 Training Calendar</a></i>	8/19 <i>Begin using main training calender <a href="#">2025/26 Training Calendar</a></i>	8/20 <b>Parent/Team meeting at BV Cafeteria 7:00-8:15 PM</b>			
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The goal for preseason training is to get to know teammates, build a cardio base and strength for the Cross Country Season. These runs are mostly all Steady State runs.

More Info: [www.BVTrack.com](http://www.BVTrack.com)

ROYO - Run on your own

Dead Period - No coach led practices, or contact allowed July 1 - 14th per district rules.

District Track Camp - Summer Camp at Tahoe