

## Warm-Up Routine

½ mile or more of running, easy

In Place Movements:

Windmills

Squats

Scorpions

Eagles

Lower Leg:

Calf Raises

Toe Walk

Heal Walk

Backwards Walk pull up

Backwards walk hold

Dynamic:

Open and Close the Gate

Scoops

Frankensteins

Tipping birds

Knee Hugs into Lunges - Forwards

Knee Hugs into Lunges - Backwards

Speed Drills:

Butt Kicks

High Knees

Karaoke

Straight Leg Bounding

Leg swings

Strides (70-80-85-90)

## Cool Down Stretches - Static

Standing: 3 Way Hamstring, Quad Stretch, Power Resistance

Seated: Butterfly, Butt Stretch, Lowerback, IT Band (both)

Calves: Prone, Stair or Wall Calf Stretch do both straight leg and bent leg stretch

## Practice Schedule for Cross Country 2021

I'll be adding rough training plans to the calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9	10	August 11	12	13 - RHS XC Course	14
	Countywide Coaches Meeting 630pm Centennial HS		8:00am - 10:00am Practice Reservoir  Objective: Easy Run  Group 0: 10 - 15', walk jog Group 1: 4 - 5 miles Group 2: 4 - 5 miles Group 3: 4 - 6 miles Group 4: 5 - 7 miles  No Rhys, Doc No Eric (besides the first 15 min for intro)	8:00am - 10:00am Practice Reservoir  Objective: Easy Run  Group 0: 10 - 15', walk jog Group 1: 4 - 5 miles Group 2: 4 - 5 miles Group 3: 4 - 6 miles Group 4: 5 - 7 miles  No Rhys, Doc, Eric	5:30pm - 7:30pm Practice Reservoir  Objective: Introduce Tempo  Returning Runners: 5 - 8 x 800m 1 minute recovery @ Tempo Effort  New Runners: 5 - 8 x 400m 45 - 60s Recovery @ Tempo Effort	8:00am - 10:00am Practice Wincopin  Objective: Long Run  Group 0: Day Off Group 1: 6 miles Group 2: 6 - 8 miles Group 3: 7 - 10 miles Group 4: 9 - 12 miles  NO RHYS, Doc
15	16	17	18 - Beaver Dam	19-First day Staff	20	21
	<b>Week 1</b> 8:00am - 10:00am Practice Reservoir  Objective: Easy Run  Group 0: 10 - 15 easy running Group 1: 4 - 5 miles Group 2: 4 - 6 miles Group 3: 5 - 7 miles Group 4: 6 - 8 miles  No Rhys, Doc, Eric	8:00am - 10:00am Practice Reservoir  Objective: Long Run  Group 0: 20 - 25 easy running Group 1: 6 - 7 miles Group 2: 7 - 8 miles Group 3: 8 - 9 miles Group 4: 9 - 12 miles  No Rhys, Doc	Run Easy Run on their own, Arrive to RHS by 10:00am and head to Beaver Dam  Objective: Easy Run + 8 x 100m Strides  Group 0: 10 - 15 easy running Group 1: 4 - 5 miles Group 2: 4 - 6 miles Group 3: 5 - 7 miles Group 4: 6 - 8 miles  No Rhys, Doc, Eric	8:00am - 10:00am Practice Reservoir  Objective: Q1 Session - Intervals  WU: 1 - 2 miles  New Runners: 4 - 5 x 400m @ 1 pace with 75s recovery  Returning Runners: 5 - 6 x 800m @ 1 Pace with 2 minute Recovery  CD: 1 - 3 miles  No Rhys, Rogers	8:00am - 10:00am Practice Reservoir  Objective: Q2 Session - Tempo & Rep  WU: 1 - 2 miles  New Runners: 4 - 5 x 500m @ T pace with 60s recovery  Returning Runners: 4 - 5 x 1000m @ T Pace with 1 minute Recovery  ALL: 4 x 200m @ R  CD: 1 - 3 miles  No Rhys, Eric	8:00am - 10:00am Practice Wincopin  Objective: Easy Day  Group 0: 10 - 15 easy running Group 1: 4 - 5 miles Group 2: 4 - 6 miles Group 3: 5 - 7 miles Group 4: 6 - 8 miles  No Rhys, Doc
22	23	24	25	26	27	28 - SAT
	<b>Week 2</b> 5:45am - 7:45am Practice Reservoir  Objective: Long Run	5:45am - 7:45am Practice Reservoir  Objective: Easy Day	5:45am - 7:45am Practice Reservoir  Objective: Q1 Session - Tempo	5:45am - 7:45am Practice Reservoir  Warm Up Orders Due  Objective: Easy Day	<b>Team Time Trial 5pm - 8pm</b>  <b>Pizza/Ice Cream Social afterwards</b>  Morning Run Double: 2 - 3 miles	8:00am - 10:00am Practice Wincopin  Objective: Easy Day

	<p>Group 0: 30 - 35'</p> <p>Group 1: 6 - 8 miles</p> <p>Group 2: 7 - 8 miles</p> <p>Group 3: 8 -10 miles</p> <p>Group 4: 9 -12 miles</p> <p>No Rhys, Doc</p>	<p>Group 0: 15 - 25 easy running</p> <p>Group 1: 4 - 6 miles</p> <p>Group 2: 5 - 6 miles</p> <p>Group 3: 6 - 7 miles</p> <p>Group 4: 7 - 9 miles</p> <p>No Rhys, Doc</p>	<p>&amp; Rep</p> <p>New Runners: 4 - 5 x 600m @ T pace with 1 minute recovery</p> <p>Returning Runners: 1: 2 x 15 minutes with 2 min recovery 2: 2 x 12 minutes with 2 min recovery 3: 2 x 10 minutes with 2 min recovery 4: 4 x 5 minutes with 1 min recovery</p> <p>All: 4 x 200m @ R pace with 100m walk recovery</p> <p>Possible afternoon run for folks aiming for milage</p> <p>No Rhys, Doc</p>	<p>Group 0: 25 - 30'</p> <p>Group 1: 30 minutes</p> <p>Group 2: 35 minutes</p> <p>Group 3: 45 minutes</p> <p>Group 4: 45 minutes</p> <p>No Rhys, Doc</p>	<p>Easy</p> <p>Objective: Q2 Session: Race Day</p> <p>Warm-Up 10 - 15 minutes Add in 2 x 2' tempo with 1 minute recovery in last 5 minutes</p> <p>Drills, Stretch, Prep</p> <p>Race 2 miles</p> <p>Cool Down 1 - 2 miles</p>	<p>Group 0: 15 - 25 easy running</p> <p>Group 1: 4 - 6 miles</p> <p>Group 2: 5 - 6 miles</p> <p>Group 3: 6 - 7 miles</p> <p>Group 4: 7 - 9 mile</p> <p>No Doc</p>
<b>29</b>	<b>30 - School Begins</b>	<b>31</b>	<b>September 1</b>	<b>2</b>	<b>3</b>	<b>4 - End of MILEAGE</b>
	<p><b>Week 3</b></p> <p><i>Practice 2:30 - 4:30pm</i></p> <p>Objective: Long Run 0: 35 - 45 minutes 1: 6 - 8 miles 2: 7 - 9 miles 3: 8 - 10 miles 4: 9 - 12 miles</p> <p>No Eric</p>	<p><i>Practice 2:30 - 5:00pm</i></p> <p><b>Uniform Handout</b></p> <p>Objective: Easy Run + Strides 0: 25 - 30 minutes 1: 5 - 6 miles 2: 5 - 7 miles 3: 5 - 8 miles 4: 7 - 9 miles</p> <p>No Eric</p>	<p><i>Practice 2:30 - 4:30pm</i></p> <p>Objective: Q1 Session - Tempo Intervals with 4 x 200 @ R pace</p> <p>1: 4 x 5 minutes w/ 2' recovery jog 2: 5 x 3' w/ 2' recovery jog 3: 5 x 2 minutes w/ with 1' recovery jog</p>	<p><i>Practice 2:30 - 5:00pm</i></p> <p><b>Team Pictures</b></p> <p>Objective: Easy Run + Strides 0: 25 - 30 minutes 1: 5 - 6 miles 2: 5 - 7 miles 3: 5 - 8 miles 4: 7 - 9 miles</p>	<p><i>Practice 5:30am - 6:50am</i></p> <p>Objective: Easy Run 0: Day OFF 1: 4 - 6 miles 2: 5 - 7 miles 3: 5 - 8 miles 4: 6 - 9 miles</p>	<p><b>South River</b></p> <p><b>FOOL PARTY</b></p> <p>Objective: Race Totals for the Day: 1: 6 miles 2: 7 miles 3: 7 miles 4: 7 miles</p>
<b>5</b>	<b>6 - NO SCHOOL</b>	<b>7 - NO SCHOOL</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p>Group 1: 43-45</p> <p>Group 2: 30-33</p> <p>Group 3: 26-29</p> <p>Group 4: 23-26</p> <p>Group 5: 19-22</p>	<p><b>Week 4</b></p> <p><i>Practice 8:00am - 10:30am</i></p> <p>Objective: Q1 Session - Tempo &amp; Rep. Hill Fartlek</p> <p>WU: 1.5 miles 1. 35' on Course 2. 30' on Course 3. 25' on Course 4. 25' on Course 5. 25' on Course</p> <p>4 x 200m UP HILL QUICK CD: 1.5 miles</p> <p>No Rhys, Doc</p>	<p><i>Practice 8:30am - 10:30am</i></p> <p>Objective: Easy Run 1. 35-40' (5 miles) 2. 30' (4) 3. 30' (3.75) 4. 30' (3.0) 5. 30' (2.5)</p> <p>No Rhys, Doc, Eric</p>	<p><i>Practice 2:30 - 4:30pm</i></p> <p>Objective: Long Run</p> <p>1. 80' (11 miles) 7:30/7:20 First 6 Work down 6:30</p> <p>2. 60 - 70' (7.5 - 9) 7:50 First 5 Workdown 6:50</p> <p>3. 60' (6.5 - 7.0) 8:45 First 4 Workdown 8:00</p> <p>4. 60' (5.5 - 6.0)</p>	<p><i>Practice 2:30 - 4:15pm</i></p> <p>Objective: Easy Run 1. 30-35' (4.5 miles) 2. 25-30' (3.5) 3. 23 - 25' (2.5) 4. 24-27' (2.5) 5. 25-28' (2.5)</p>	<p><i>Practice 2:30 - 4:15pm</i></p> <p>Objective: Easy Run + Strides 1. 30-35' (4.5 miles) 2. 21-25' (3) 3. 23 - 25' (2.5) 4. 324-27' (2.5) 5. 25-28' (2.5)</p>	<p><b>HoCo Invite***</b></p> <p>Objective: Race</p> <p>1. WU: 2, CD : 2 2. WU: 2, CD : 2 3. WU:1.5,CD:1.5 1. WU:1.25,CD:1.25 1. WU: 1, CD : 1</p> <p><b>Doc will be there</b></p>

	Eric will be there		9:45 first 3 Workdown 9:00  5. 45 - 50' (4.5 - 5.0) 2 Easy Next 2, 15-20s faster			
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16 - NO SCHOOL</b>	<b>17</b>	<b>18</b>
Cherry Blossom 10M (Eric)  UP 1 Group 1: 44 Group 2: 34 Group 3: 32 Group 4: 27 Group 5: 23	<b>Week 5</b> Practice 2:30 - 4:30pm  Objective: Long Run  1. 80' (11 miles) 7:30/7:20 First 6 Work down 6:30  2. 60 - 70' (7.5 - 9) 7:50 First 5 Workdown 6:50  3. 60' (7.0- 8.0) 8:45 First 4 Workdown 8:00  4. 60' (6.0- 7.0) 9:45 first 3 Workdown 9:00  5. 45 - 50' (5.0-6.0) 2 Easy Next 2, 15-20s faster  NO RHYS, Eric	Practice 2:30 - 4:30pm  Objective: Easy Run 1. 42' 2. 35' 3. 37' 4. 30' 5. 28'  NO RHYS	Practice 2:30 - 4:30pm  Q1 Session - Intervals - Gator  Workout Details  NO RHYS	Practice 8:30am - 10:30am  Objective: Easy Run 1. 42' 2. 35' 3. 37' 4. 30' 5. 28'  No Rhys, Doc, Eric	Practice 2:30 - 4:15pm  Objective: Easy Run + Strides 1. 40' 2. 30' 3. 32' 4. 25' 5. 23'  No Rhys,	<b>Bull Run</b>  Objective: Race  1. WU: 2, CD : 2 2. WU: 2, CD : 2 3. WU:1.5,CD:1.5 1. WU:1.25,CD:1.25 1. WU: 1, CD : 1
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
UP 2 Group 1: 48 Group 2: 37 Group 3: 35 Group 4: 30 Group 5: 26	<b>Week 6</b> Practice 2:30 - 4:30pm  1. 80' (11 miles) 7:30/7:20 First 6 Work down 6:30  2. 60 - 70' (7.5 - 9) 7:50 First 5 Workdown 6:50  3. 60' (7.0 - 8.0) 8:45 First 4 Workdown 8:00  4. 60' (6.0 - 7.0) 9:45 first 3 Workdown 9:00  5. 45 - 50' (5.0 - 6.0) 2.5 Easy Next 2, 15-20s faster  No Eric	Practice 2:30 - 4:30pm  Objective: Easy Run 1. 50 minutes 2. 35 minutes 3. 40 minutes 4. 35 minutes 5. 30 minutes	<b>TRI MEET #1</b> <b>HOW, RES @ HEB</b>  Objective: Q1 Session - Tempo & Rep  WU: 15 minutes Tempo Portion: 1: 3 Mile Tempo 2: 3 Mile Tempo 3. 3 Mile Tempo 4 - 5: 2 Mile Tempo  Rep Work: 1: 2 x 200-300-400 2', 3', 4' Recovery 2. 2 x 200-300-400 2', 3', 4' Recovery 3: 2 x 200-300-200 2', 3', 3' Recovery 4 - 5: 5 x 200m w/ 2'  1 - 2 miles	Practice 2:30 - 4:30pm  Objective: Easy Run 1. 50 minutes 2. 35 minutes 3. 40 minutes 4. 35 minutes 5. 30 minutes  No Eric	Practice 2:30 - 4:15pm  Objective: Easy Run + Strides 1. 50 minutes 2. 35 minutes 3. 40 minutes 4. 35 minutes 5. 30 minutes  No Eric	Carlisle Invite  Objective: Q2 Session - RACE 2 WU Race 2 CD  No Doc

26	27	28	29	30	October 1	2 - SAT
UP 3 Group 1: 52 Group 2: 40 Group 3: 36 Group 4: 33 Group 5: 28	<b>Week 7</b> <i>Practice 2:30 - 4:30pm</i>  Objective: Long Run  1. 85' (11.5 miles) Last 30 minutes 2 on, 1 off Fartlek  2. 60 - 70' (7.5 - 9) Last 30 minutes 2 on, 1 off Fartlek  3. 60' (7.0 - 8.0) Last 25 minutes 2 on, 1 off Fartlek  4. 60' (6.0 - 7.0) Last 25 minutes 2 on, 2 off Fartlek  5. 45 - 50' (5.0 - 6.0) Last 25 minutes 2 on, 2 off Fartlek  No Eric	<i>Practice 2:30 - 4:30pm</i>  Objective: Easy Run 1. 47 minutes 2. 33 minutes 3. 35 minutes 4. 35 minutes 5. 32 minutes  <i>No Doctor</i>	<i>Practice 2:30 - 4:30pm</i>  Objective: Intervals - HILLS Groups 1 - 3 WU - 1.6 miles Cherry Tree 1: 5 - 4 - 3 - 2 2: 4 - 3 - 3 - 2 3: 4 - 3 - 2 - 2 CD - 1.6 miles  Groups 4 - 5 Maple Lawn WU - 1 Mile 3 - 4 sets 4 Hill Repeats Easy Jog Down 2' Recovery after set CD - 1 mile  No Eric	<i>Practice 2:30 - 4:30pm</i>  Objective: Easy Run 1. 47 minutes 2. 33 minutes 3. 35 minutes 4. 35 minutes 5. 32 minutes  <i>No Doc</i>	<i>Practice 2:30 - 4:15pm.</i>  Objective: Q2: Intervals WU: 2 - 1 miles On Course 1: 5 x 1k @ I 2' Recovery 2: 5 x 1k @ I 2' Recovery 3: 5 x 1k @ I 2' Recovery 2' Recovery 4 - 5: 5 x 800m @ I 2' Recovery  ALL: 4 x 200m on SHOE: QUICK No Doc, Eric	<b>Easy Run</b>  Objective: Easy Run 1. 9 miles 2. 6 miles 3. 5 miles 4. 5 miles 5. 4 miles  ALL: 6 x 100m HARD STRIDES  <b>No Doc</b>
3	4	5	6	7	8	9
DOWN Group 1: 40 Group 2: 30 Group 3: 27 Group 4: 25 Group 5: 22	<b>Week 8</b> <i>Practice 2:30 - 4:30pm</i>  Objective: Long Run 1. 85' (11.5 miles) 7:30/7:20 First 6 Work down 6:30  2. 70 - 75' (8 - 9) 7:50 First 5 Workdown 6:50  3. 65 - 70' (7.0 - 8.0) 8:45 First 4 Workdown 8:00  4. 65' (6.0 - 7.0) 9:45 first 3 Workdown 9:00  5. 50' (5.0 - 6.0) 2.5 Easy Next 2, 15-20s faster  No Eric	<i>Practice 2:30 - 4:30pm</i>  Objective: Easy Run 1. 34 minutes 2. 27 minutes 3. 28 minutes 4. 30 minutes 5. 23 minutes	<b>TRI MEET #2</b> <b>ATH, HAM, @ RES</b>  Objective: Q1 Session - Tempo & Rep  WU: 15 minutes Tempo Portion: 1: 3 Mile Tempo 2: 3 Mile Tempo 3: 3 Mile Tempo 4 - 5: 2 Mile Tempo  Rep Work: 1: 2 x 200-300-400 2', 3', 4' Recovery 2. 2 x 200-300-400 2', 3', 4' Recovery 3: 2 x 200-300-200 2', 3', 3' Recovery 4 - 5: 5 x 200m w/ 2'  1 - 2 miles	<i>Practice 2:30 - 4:30pm</i>  Objective: <i>Day Off for Team</i>  Group 1 Boys 3 miles on your own  Group 1 Girls 2 miles on your own  No Eric	<i>Practice 2:30 - 4:15pm.</i>  Objective: Easy Run 1. 34 minutes 2. 27 minutes 3. 28 minutes 4. 30 minutes 5. 23 minutes  No Rhys  No Eric	<b>Frank Keyser***</b>  Objective: Race  WU: 15 minutes Race CD: 15 minutes  <b>No Eric (Boston travel)</b> <b>NO Rhys</b>
10	11	12	13	14	15 - NO SCHOOL	16

Army 10 Miller  UP 1 Group 1: 44 Group 2: 34 Group 3: 32 Group 4: 27 Group 5: 23	<b>Week 9- Phave IV</b> <i>Practice 2:30 - 4:30pm</i>  Objective: Long Run  1. 85' (11.5 miles) Last 30 minutes 2 on, 1 off Fartlek  2. 60 - 70' (7.5 - 9) Last 30 minutes 2 on, 1 off Fartlek  3. 60' (7.0 - 8.0) Last 25 minutes 2 on, 1 off Fartlek  4. 60' (6.0 - 7.0) Last 25 minutes 2 on, 2 off Fartlek  5. 45 - 50' (5.0 - 6.0) Last 25 minutes 2 on, 2 off Fartlek  Boston Marathon (Eric)	<i>Practice 2:30 - 4:30pm</i>  Objective: Easy Run 1. 40 minutes 2. 28 minutes 3. 28 minutes 4. 25 minutes 5. 25 minutes  No Eric (Boston travel)	<b>TRI MEET #3</b> <b>RES, MR @ OM</b>  Objective: Tempo and Reps 1 Mile WU  3 Mile Tempo  Reps: 600m 400m 400m 300m 300m 300m 200m 200m 200m  FINISH with a 200m Paces TBD  1 - 2 mile CD	<i>Practice 2:30 - 4:30pm</i>  Objective: Easy Run 1. 40 minutes 2. 28 minutes 3. 28 minutes 4. 25 minutes 5. 25 minutes  NO Laura	No Practice - Run on your own and post to strava  Objective: Easy Run 1. 40 minutes 2. 28 minutes 3. 28 minutes 4. 25 minutes 5. 25 minutes  Gunpowder  Or Hills  WU: 1.5 miles  Hills @ Centennial Park 3 - 4 sets 100-150-200-250 Up Quick Recovery Down 2' recovery btw sets  Cool Down: 2 miles  No Doc, Laura	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
UP 2  Group 1: 48 Group 2: 38 Group 3: 36 Group 4: 30 Group 5: 27	<b>Week 10</b> <i>Practice 2:30 - 4:30pm</i>  Objective: Long Run  CUT DOWN Last ½ of run 10-15s per mile  1. 70' (10.5 miles) 2. 70' (8.5 miles) 3. 65' (7.5 miles) 4. 60' (6.5 miles) 5. 60' (6.0 miles)  No Eric No Laura	<i>Practice 2:30 - 4:30pm</i>  Objective: Easy Run 1. 49 minutes 2. 45 minutes 3. 45 minutes 4. 35 minutes 5. 35 minutes  No Laura	<i>Practice 2:30 - 4:30pm</i>  Objective: TEMPO WORK  WU: 1 - 2 miles 4 - 6 x 1k XC Course 1 minute recovery  4 x 200m on Horseshoe 2 minutes recovery Rep Pace  CD: 1 - 2 miles  No Laura No Phil	<i>Practice 2:30 - 4:30pm</i>  Objective: Easy Run 1. 49 minutes 2. 45 minutes 3. 45 minutes 4. 35 minutes 5. 35 minutes  No Laura No Phil No Eric	<i>Practice 2:30 - 4:30pm</i>  Objective: Easy Run 1. 49 minutes 2. 45 minutes 3. 45 minutes 4. 35 minutes 5. 35 minutes  No Eric No Doc No Phil	<i>Practice 8:30am - 10:30am</i>  Objective 800m @ 1 pace Final 800m @ Centennial  WU: 1 - 2 miles  4 - 6 x 800m @ 1 pace Jog back recovery + 1 minute  4 x 200m on track 2' recovery REP PACE  CD: 1 - 2 miles No Phil No Doc No Laura No Eric
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
UP 3	<b>Week 11</b> <i>Practice 2:30 - 4:30pm</i>  Objective: Long Run + Reps	<i>Practice 2:30 - 4:30pm</i>  Objective: Easy Run	<b>County Championships</b>  Objective: Race	<i>Practice 2:30 - 4:30pm</i>  Objective: Easy Day	<i>Practice 2:30 - 4:30pm</i>  Objective: Easy Day	<i>Practice 8:00am - 10:00am</i>  MEET at CHS Objective: Intervals on the XC

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