

2017

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5 First day of practice ->	6 1600m/800m time trial + surveys + core exercises	7 Ladder A x 2 @ mile pace (group A - 3 min rest, group B - 5 min rest)	8 Taco Bell Hill repeats w/team + 3 mile recovery jog + core exercises	9 3x1000mx1-2 @ 3200 pace + 2x800mx2 @ mile pace	10 4x400mx3 @ mile pace + weights	11 Saturday workout w/Bryan or 3 mile jog
12 Rest	13 600m @ race pace, 100m jog, 300m all out x 3 with 3-5 min rest + core exercises	14 Taco Bell Hill repeats w/team + 3 mile recovery jog + core exercises	15 Ladder B x2 @ mile pace (group A - 3 min rest, group B - 5 min rest)	16 4-6 mile campus recovery run + Hurdle Drills + core exercises	17 4x400m relay time trial w/team + gait analysis + weights	18 Saturday workout w/Bryan or 3 mile jog
19 Rest	20 Rolling 200s: 10x200mx2 w/200m jog recovery and 3-5 min rest bt sets	21 Taco Bell Hill repeats w/team + 3 mile recovery jog + core exercises	22 2x800mx3-5 @ mile pace	23 4-6 mile campus recovery run + Hurdle Drills + core exercises	24 Ladder A x 2 @ 800 pace (group A - 3 min rest, group B - 4 min rest)	25 Saturday workout w/Bryan or 3 mile jog
26 Rest	27 4x300mx4 @ mile pace + core exercises	28 4-6 mile campus run with last mile @ tempo + Hurdle drills + weights	1 Truth or Dare 4x400mx3	2 3x1000mx1-2 @ 3200 pace + 2x800mx2 @ mile pace	3 Pre-meet workout (3-4 miles easy, strides)	4 Big Cat Invitational @ Santa Rosa High
5	6	Ladder A = 200m/400m/600m/800m/600m/400m/200m Ladder B = 800m/600m/400m/200m/400m/600m/800m				

2017

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
26 Rest	27 4x300mx4 @ mile pace + core exercises	28 4-6 mile campus run with last mile @ tempo + Hurdle drills + weights	1 Truth or Dare 4x400mx3	2 3x1000mx1-2 @ 3200 pace + 2x800mx2 @ mile pace	3 Pre-meet workout (3-4 miles easy, strides)	4 Big Cat Invitational @ Santa Rosa High
5 Rest	6 600m @ race pace, 100m jog, 300m all out x 3 with 3-5 min rest + DMR Relay Practice	7 Campus Run (5) Miles w/last mile @ tempo + core + hurdle drills	8 4x400m, 4x300m, 4x200m x 2 @ mile pace	9 5x300mx2 + DMR	10 Pre-meet workout (3-4 miles easy, strides)	11 Windsor Relays @ Windsor High
12 Rest	13 3x1200mx3 @ 3200 pace + weights	14 2x600m, 4x200m x2 w/3 min rest between sets	15 Montgomery Practice Meet	16 5 mile recovery run w/last mile @ tempo	17 Pre-meet workout (3-4 miles easy, strides)	18 Dublin Distance Fiesta (or Castleberry Invitational)
19 Rest	20 5x1000m @ 3200m pace + 5x600m @ mile pace	21 5 mile recovery run w/last mile @ tempo	22 2x800mx4 @ mile pace w/60 sec + 90 sec bt sets + 4x200mx2	23 4-mile Fartlek + hurdle drills + core work	24 10x200mx2 @ 800m pace	25 Rest
26 Rest	27 4x400mx4 + weights	28 M: Ins and Outs x 10 laps RVC: Pre-Meet Workout	29 M: Ladder B X 2 RVC: League Meet	30 5-7 mile recovery run + core exercises or pre-meet	31 Stanford Invitational	1 Stanford Invitational
2 Rest	3	NOTES:				

2017

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
26 Rest	27 4x400mx4 + weights	28 M: Ins and Outs x 10 laps RVC: Pre-Meet Workout	29 M: Ladder B X 2 RVC: League Meet	30 5-7 mile recovery run + core exercises or pre-meet	31 Stanford Invitational	1 Stanford Invitational
2	3 4x300mx4 @ mile pace + core exercises	4 M: 10x200mx2 RVC: Pre-Meet	5 M: Ladder C x 2 RVC: League Meet	6 6 mile recovery run	7 Pre-Meet	8 Twilight Invitational or Arcadia Invitational
9	10 Ladder A x 3 @ TBD pace + weights	11 Pre-Meet	12 M & RVC League Meets	13 TBD	14 6-8 mile run	15 3-5 mile run
16	17 2x800mx4 @ mile pace w/60 sec + 90 sec bt sets + 4x200mx2	18 5 mile recovery run w/last mile @ tempo	19 M: League Meet RVC: 10x200mx2	20 1x1000m @3200 pace + 2x300m @ end pace x 3	21 Pre-Meet + viking Track Classic	22 Viking Track Classic
23	24 600m @ race pace, 100m jog, 300m all out x 3 with 3-5 min rest + core exercises	25 Pre-Meet	26 M & RVC League Meets	27 6-8 mile run	28 TBD	29 Rest
30	1	Ladder C: 1000m/800m/600m/400m/200m/400m/600m/800m/1000m				

2017

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
30 Rest	1 Ladder C x 1 @ mile pace	2 TBD	3 3x1000mx3 @ mile pace	4 5-mile run, last mile at tempo	5 Red vs. Blue Meet	6 4-6 mile recovery run
7 Rest	8 4x400mx2 @ 800 pace	9 M: Pre-meet RVC: 3x1000mx2	10 M: NBL Finals 1 RVC: TBD	11 M: 4-mile Recovery/pre-meet RVC: 5-mile tempo run	12 M: NBL Finals 2 RVC: Pre-meet	13 RVC: CMC Finals
14 Rest	15 Ladder A x 1 @ 800 pace	16 TBD	17 3-5 mile fartlek	18 4x300mx2 @ 800 pace	19 Pre-meet	20 M: Redwood @ Piner RVC: Class A @ Monty
21 Rest	22 TBD	23 TBD	24 TBD	25 Pre-meet	26 NCS Meet of Champions Day 1 @ CAL	27 NCS Meet of Champions Day 2 @ CAL
28 Rest	29 TBD	30 TBD	31 TBD	1 CIF State Championships Day 1	2 CIF State Championships Day 2 + Happy Graduation Seniors!	3 CIF State Championships Day 3
4	5	NOTES:				