



FOND DU LAC HIGH SCHOOL CROSS COUNTRY



Fond du Lac Cross Country FVA Conference Champions: 1989, 1995, 1996, 1997, 2008, 2011
State Qualifying Teams: 1978, 1982, 1986, 1988, 1989, 1990, 1991, 1993, 1994, 1995, 1996, 2002, 2007, 2008, 2009, 2010

"All it takes is all you got!"

Opening Day! Workout 1: August 13, 2012
8:30 am Fond du lac Track

Schedule of Events

Team Meeting 8:30-8:55	a) Greetings / Introductions / Expectations b) Shake out / Runner to Runner c) Team Build: High 5's / The Dragon d) Intro to goals: One Word Activity	Agenda: I. Forms II. Events (Brewer Trip, etc) III. Leadership (Middle school buddies) IV. Finding your niche!
Drills 8:55-9:20	Lesson: (Gait vs velocity) (Contemplation vs Concentration) Slow Stretch: Warm up jog Drill: A Step (A March) Drill: A Skip Drill: B Step (B March) Drill: B Skip Drill: Quick Step Drill: High knees / BKs / Duck Walk Drill: Sweeps	
Workout 9:20-10:05	Mindset: <i>Contemplation</i> Base Mileage per fitness levels 4- 6 miles (Route is 5.5 miles with opportunities to expand or shorten) Post Run: 30-30 Sessions (Goal: 3 minutes)	Focus: Aerobic Capacity Focus: 30 seconds at 100% of vVO ₂ max 30 seconds recover at 50% of vVO ₂ max
Core 10:05-10:20	Core: Abs Core: Pedestal Core: Myrtle- Clams, lateral lifts, donkey kicks/whips circles, hydrant, etc...	
Recovery 10:20-10:30	A) Slow Stretch: B) Journal ? / committee sign-up C) Circle--- GaGa Ball D) Ice / Treatment E) <i>Thanks for running with us!</i>	**T-Shirt Committee **Leadership **Social (Pre-race Meals) **Energizers

"The challenge in running is not to aim at doing the things no one else has done, but to keep doing things everyone could do - but most never will." Henderson