



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!"

Day at the Lake! Workout 2: August 14, 2012 ***8:30 am Fond du lac Track***

Schedule of Events

Team Meeting 8:30-8:55	a) Greetings / Introductions / Expectations b) Shake out / Team Ladder c) Team Build: Team Lift d) Word of the Day: _____ e) Intro to Practice Bone!	Agenda: I. Forms II. Events (Brewer Trip, etc) III. Practice Points (Bone)
Drills 8:55-9:20	Review: (Gait vs velocity) (Contemplation vs Concentration) Slow Stretch: Warm up jog Drill: Bounding for height and distance Drill: A Skip / A Step (A March) Drill: A Skip / A Step (A March) Drill: B Step / B Skip Drill: Quick Step Drill: High knees / BKs / Duck Walk Drill: Sweeps	
Workout 9:20-10:05	Mindset: <i>Concentration</i> Warm-up tow Lakeside Park Workout: 8-10 x 400s @ 3200 pace or 1600 pace depending on fitness (90 seconds rest/ job) Post Run: 12 Minute Shakeout (back to school)	Focus: Aerobic Power VO2
Core 10:05-10:20	Back at School: Core: Abs Core: Pedestal Core: Myrtle- Clams, lateral lifts, donkey kicks/whips circles, hydrant, etc...	We may visit weight room today and talk about strength and conditioning.
Recovery 10:20-10:30	A) Slow Stretch: B) Journal ? / committee updates C) Circle--- TBA D) Ice / Treatment E) <i>Thanks for running with us!</i>	**T-Shirt Committee **Leadership **Social (Pre-race Meals) **Energizers

**** Night run-- Meet at Goose Trail at 6:00PM (Aerobic / Recovery)**

**"Running is the greatest metaphor for life,
because you get out of it what you put into it."**