



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!"

***Trails never Fails! Workout 3: Wednesday, August 15, 2012
MEET at 8:30 am at KIEKAEFER PARK***

Schedule of Events

Team Meeting 8:30-8:55	a) Greetings / Introductions / Expectations b) Shake out / Team Ladder c) Team Build: CIRCLES d) Word of the Day: _____	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: Side Slides Drill: Bounding for height and distance Drill: A Skip / A Step (A March) Drill: A Skip / A Step (A March) Drill: Carioca Drill: Quick Step Drill: High knees / BKs / Duck Walk / Sweeps	
Workout 9:20-10:05	Mindset: <i>Contemplation</i> Warm-up: Hill loop Workout:: 35 minutes --Pace Steady Post Run: Hill Sprints (5 sets w/ recovery)	Focus: <i>Aerobic Capacity</i>
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 updates C) Circle--- TBA D) Ice / Treatment E) <i>Thanks for running with us!</i>	Committee Updates: **T-Shirt Committee **Leadership **Social (Pre-race Meals) **Energizers

"Today I will run what you will not so that tomorrow I will run what you cannot." – author unknown