



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!"

Chariot Races! Workout 4: Thursday, August 16, 2012
Meet at 9:00 am Fond du lac District Farm!
Car Pool at Fondy High @ 8:30 am. (Late finish 11:30ish)
We will need bikes and help getting bikes to the site!

Schedule of Events

Team Meeting 9:00-9:15	a) Greetings / Introductions / Expectations b) Shake out c) Team Build: Choose teams. Develop Name and team cheer! Present!! d) Intro to goals: One Word Activity	Agenda: (Review/ Remind) I. Forms II. Events (Brewer Trip, etc III. Leadership (Middle school buddies)
Drills 9:15-9:30	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 9:30-10:45	Mindset: <i>Contemplation on Bike</i> <i>Concentration on the Run</i> (Route is 10.2 miles to share) Start at Gravel loop and travel to trail head back and forth Post Run: no post run / Just cool down jog	Focus: Lactic Threshold Post Run Focus: no post run today
Core after run 10:45-	Core: Abs Core: Pedestal Core: Myrtle- Clams, lateral lifts, donkey kicks/whips circles, hydrant, etc...	
Recovery 10:45- 11:30	A) Slow Stretch: B) Journal ? / committee sign-up C) Awards!! D) Ice / Treatment E) <i>Thanks for running with us!</i>	Committee Updates: **T-Shirt Committee **Leadership **Social (Pre-race Meals) **Energizers

"I tell our runners to divide the race into thirds. Run the first part with your head, the middle part with your personality, and the last part with your heart." – Mike Fanelli



Brewer Game tonight! Leave at Fondy High at 4:00pm \$10.00