



# 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!"**

## The Long Run! Workout 5: Friday, August 17, 2012 Fond du lac High School Track @ 8:30 am.

### Schedule of Events

<b>Team Meeting</b> 8:30-8:50	a) Greetings / Introductions / Expectations b) Shake out c) Team Build: TBA d) Word of the Day: ____	Agenda: (Review/ Remind) I. Forms II. Events III. Leadership (Middle school buddies)
<b>Drills</b> 8:50-9:10	Review: (Gait vs velocity) (Contemplation vs Concentration) Slow Stretch: Warm up jog Drill: <b>Side Slides</b> Drill: <b>Circle Skips</b> Drill: <b>Bounding for height and distance</b> Drill: <b>A Skip / A Step (A March)</b> Drill: <b>A Skip / A Step (A March)</b> Drill: <b>Carioca</b> Drill: <b>Quick Step</b> Drill: <b>High knees / BKs / Duck Walk / Sweeps</b>	
<b>Workout</b> 9:10-10:15	<b>Mindset:</b> <i>Contemplation</i> Course is 7.7 with opportunities for extension. (Pick Ups: Goal--7 30 second surges)  <b>Post Run:</b> 5 x100s	<b>Focus: Aerobic Capacity</b>  <b>Post Run Focus:</b> Aerobic Power VO2
<b>Core</b> after run 10:15-	Core: <b>Abs</b> Core: <b>Pedestal</b> Core: <b>Myrtle- Clams, lateral lifts, donkey kicks/whips circles, hydrant, etc...</b>	10:30 weight room session ?
<b>Recovery</b> 10:30- or when finished	A) Slow Stretch: B) Journal ? / committee sign-up C) Awards!! D) Ice / Treatment E) <i>Thanks for running with us!</i>	Committe Updates: **T-Shirt Committee **Leadership **Social (Pre-race Meals) **Energizers

*"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit." – George Sheehan*