



Fond du Lac Cross Country Workout: August 13 - August 26, 2012
Practice at a Glance

Date	Meeting Place	Meet/ Practice Time
Monday, August 13	FondyTrack	8:30 AM
Tuesday, August 14	FondyTrack	8:30 AM
Tuesday, August 14*	Goose Trail	6:00 PM
Wednesday, August 15	Kiekaefer	8:30 AM
Thursday, August 16*	TEAM Function:Brewer Game	4:00 PM
Thursday, August 16	Fondy -District Farm	8:30 AM
Friday, August 17	FondyTrack	8:30 AM
Saturday, August 18	(Varied)	-----
Sunday, August 19*	Goose Trail	6:00 PM
Monday, August 20	FondyTrack	8:30 AM
Monday, August 20	Fondy to Camp	5:00 PM
Tuesday, August 21	Leave Camp	9:30 AM
Tuesday, August 21*	TBA: Time Trial	5:00 PM
Wednesday, August 22	Fondy High	8:30 AM
Thursday, August 23	Fondy to Mauthe Lake	3:15 PM
Friday, August 24	FondyTrack	3:30 PM
Friday, August 24	Team Dinner	5:30 PM
Saturday, August 25	(Meet 1) West Bend	7:00 AM **
Sunday, August 15*	Goose Trail	6:00 PM

*** Recommended Practice but not mandatory**

**** Time Subject to change**

Detailed Practice Schedule

Monday August 13: First Practice!

Meet on Track at 8:30 am (Commons if bad weather)

** Introductions * Energizers * Expectations * Goals * Inspirations*

- 1) Warm-Up (Drills and Stretches)
- 2) The Workout! **Focus: Aerobic Capacity**
4 - 8 Miles
- 3) Core / Cool Down

Tuesday August 14:

Meet on Track at 8:30 am (Commons if bad weather)

** Energizers * Expectations * Goals * Inspirations*

- 1) Warm-Up (Drills and Stretches)
- 2) The Workout! **Focus: Aerobic Power VO2** Speed play: Fartleks
Warm-up to Lakeside Park. Complete Workout there.
- 3) Core / Cool Down

Night Run @ Fondy Goose Trail 6:00PM--- Aerobic Capacity
Steady Pace-- Base mileage (3-7)-- Steady Pace

Wednesday August 15:

MEET and Pick up at KIEKAEFER

Meet at 8:30 am (School Commons if bad weather)

** Energizers * Expectations * Goals * Inspirations*

- 1) Warm-Up (Drills and Stretches)
- 2) The Workout! Hills / Trails
- 3) Core / Cool Down

Night Run @ Fondy Goose Trail 6:00PM--- Aerobic Capacity
Steady Pace-- Base mileage (3-7)-- Steady Pace

Thursday August 16:

MEET at (8:30am) school then drive to Fond du Lac District Farm

** Energizers * Expectations * Goals * Inspirations*

- 1) Warm-Up (Drills and Stretches)
- 2) The Workout! **Focus: Lactoc Threshold** Speed Play: Chariot Run!
- 3) Core / Cool Down

Information:

We will need one bike per two runners. The Chariot run requires runners to switch from Bike to Running. It is a speed workout. the goal is to get the chariot (bike) to the finish! We need help transferring bikes!

****Brewer Game: Leave between 4:00pm -4:30 PM**

Friday August 17:

Meet on Track at 8:30 am (Commons if bad weather)

** Introductions * Energizers * Expectations * Goals * Inspirations*

- 1) Warm-Up (Drills and Stretches)
- 2) The Workout! **Focus: Aerobic Capacity** Distance / Progressive Run
5- 8 Miles Progressive Pace
- 3) Core / Cool Down

Saturday August 18:

Recover / Shake out run on your own.
Distances Varied

Sunday August 19:

(Optional Group run)

Meet at Wild Goose Trail

- 1) Warm-Up (Drills and Stretches)
- 2) The Workout! Base Mileage-- Base Steady
3- 8 Miles Steady Pace
- 3) Core / Cool Down

Monday August 20:

Meet on Track at 8:30 am (Commons if bad weather)

** Introductions * Energizers * Expectations * Goals * Inspirations*

- 1) Warm-Up (Drills and Stretches)
- 2) The Workout! Ladder (2 mile warm up-2 mile ladder-2 mile cool)
3- 6 Miles **Focus: Aerobic Power VO2**
- 3) Core / Cool Down

TEAMBUILDING

High Cliff Camping Trip August 20-21:

Leave for camp at 5:00 PM from High School

Leave from camp at 9:30am on Tuesday.

More Details to come!

Tuesday August 21:

***** Time Trail**

- 1) 5:00PM
- 2) Place To Be Determined.
- 3) Core / Cool Down

Wednesday August 22:

Meet the Middlers!

Meet at 8:30 am (School Commons if bad weather)

** Energizers * Expectations * Goals * Inspirations*

- 1) Warm-Up (Drills and Stretches)
- 2) The Workout! TBD

During the first part of practice we will be working with the middle school runners.

- 3) Core / Cool Down

Pictures @ Fondy High 4:00 PM Tentative Schedule

On your own: Steady Pace-- Base mileage (4-8)-- Aerobic Capacity

Thursday August 23:

Meet at 3:15 pm (School Commons if bad weather)

** Energizers * Expectations * Goals * Inspirations*

- 1) Warm-Up (Drills and Stretches)
- 2) The Workout! Focus: Lactic Threshold --Tempo
- 3) Core / Cool Down

Travel to Mauthe Lake for Practice

Friday August 24:

Meet on Track at 3:30 pm (Commons if bad weather)

** Introductions * Energizers * Expectations * Goals * Inspirations*

1) Warm-Up (Drills and Stretches)

2) The Workout! Shake Out

3- 5 Miles Aerobic Pace

3) Core / Cool Down

Team Dinner Following Practice

Saturday August 25:

Meet 1: West Bend

Sunday August 26:

(Recovery run) or (Optional Group run)

Meet at Wild Goose Trail

1) Warm-Up (Drills and Stretches)

2) The Workout! Base Mileage-- Base Steady

5- 8 Miles Steady Pace

3) Core / Cool Down

First TwoWeeks thoughts!

Cross Country is unique because no one sits on the bench! Therefore, make goals and find your niche this season. Bring your talent to the team!

Be honest with yourself. Make sure to take care of yourself by getting enough sleep, eating healthy, and communicating any injuries or issues to the coaching staff!

Do what you can, with what you have, where you are.

- Theodore Roosevelt

The greatest danger to most of us lies not in setting our aim too high and falling short, but in setting our aim too low, and achieving our mark.

- Michelangelo

You can't win them all - but you can try (them all).

- Babe Didrikson Zaharias