



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, 2003, 2007, 2008, 2009, 2010
"All it takes is all you got!"

Cliffhanger! Workout 6: August 20, 2012

Meet 8:30 am Fond du lac Track Take Bus to High Cliff Return 12:15

Schedule of Events** Times will be modified depending on travel...

Team Meeting 8:30-8:55	a) Greetings / Introductions / Expectations b) Shake out / Runner to Runner c) Team Build: High 5's / The Dragon d) GTR	Agenda: I. Forms II. Events III. Leadership (Middle school buddies)
Drills 8:55-9:20	Mindset (Contemplation vs Concentration) Slow Stretch: Warm up jog Drill: A Step (A March) / A Skip Drill: Carico / Bounding Drill: B Step (B March) / B Skip Drill: Side Slides / Speed Skaters / Skip Circles Drill: Quick Step / Pawing Drill: High knees / BKs / Duck Walk Drill: Sweeps	
Workout 9:20-10:05	Mindset: <i>Concentration</i> 15 and 15 Dual Tempo Trail Run Varied miles Post Run: 30-30 Hill Sessions (Goal: 3 minutes)	Focus: Threshold Focus: 30 seconds at 100% of vVO2max 30 seconds recover at 50% of vVO2max
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) Relays C) Fun and Games D) Ice / Treatment E) <i>Thanks for running with us!</i>	Committee Updates **T-Shirt Committee **Leadership **Social (Pre-race Meals) **Energizers

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