



# 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!"**

**THE Ladder!! Workout 12: August 28, 2012**  
**Meet 3:30 PM Pick Up/ Leave at 5:30 PM**

**Schedule of Events**

<b>Team Meeting</b> 3:30-3:55	a) Greetings / Introductions / Expectations b) Shake out / Runner to Runner c) Team Build: d) GTR	Agenda: I. Reflect II. Events III. Leadership
<b>Drills</b> 3:55-4:20	Mindset (Contemplation vs Concentration) Slow Stretch: Warm up jog Drill: <b>A Step (AMarch) / A Skip</b> Drill: Carico / Bounding Drill: <b>B Step (B March) / B Skip</b> Drill: <b>Side Slides / Speed Skaters / Skip Circles</b> Drill: <b>Quick Step / Pawing</b> Drill: <b>High knees / BKs / Duck Walk</b> Drill: <b>Sweeps</b>	<i>We will warm up to UWFD</i>
<b>Workout</b> 4:20-5:05	<b>Mindset: Concentration</b> Level 1 6 x800s  Level 2: 3 x800s @ Race Pace (w/8 second deviation) <b>Post Run:</b> Running Games	<b>Focus: Max Ox (tlimVo1)</b>  <b>Focus:</b> Longer intervals with shorter recover <b>Purpose:</b> lengthen the duration each runner can operation at their Vo2 Max.
<b>Core</b> 5:05-5:20	Core: <b>Abs</b> Core: <b>Pedestal</b> Core: <b>Myrtle- Clams, lateral lifts, donkey kicks/whips circles, hydrant, etc...</b>	
<b>Recovery</b> 5:20-5:30	A) Slow Stretch: B) Relays <b>C) Fun and Games:</b> D) Ice / Treatment E) <i>Thanks for running with us!</i>	<b>Committee Updates</b> **T-Shirt Committee **Leadership **Social (Pre-race Meals) **Energizers

Lessons in hard work:

"Perseverance is the hard work you do after you get tired of doing the hard work you already did."