



# 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!"***

## **Hobbs!! Workout 9: August 23, 2012**

**Meet 4:00 PM Pick Up/ Leave at 5:30**

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

<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. Forms II. Events III. Leadership
<b>Drills</b> 3:55-4:20	Mindset (Contemplation vs Concentration) Slow Stretch: Warm up jog Drill: <b>A Step (A March) / 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>	
<b>Workout</b> 4:20-5:05	<b>Mindset:</b> <i>Concentration</i> Fartlek Trail Run 2 45(60) second pick ups per mile Varied miles (Dependent on fitness level)  <b>Post Run:</b> 3 x 200	<b>Focus: Threshold w/ recovery</b>  <b>Focus:</b>
<b>Core</b> 5:05-5:20	Core: <b>Abs</b> Core: <b>Pedestal</b> Core: <b>Myrtle- Clams, lateral lifts, donkey</b> <b>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><u>Committee Updates</u></b> **T-Shirt Committee **Leadership **Social (Pre-race Meals) **Energizers

### Lessons in teamwork

**\*\*\*As geese flap their wings, they create an uplift for the bird following. By flying together in a V formation, the flock's flying range is 71% greater than that of any bird flying alone.**

**-When we share a common direction and sense of community, we can get where we are going more quickly and easily because we are traveling on the energy of another.**