



APRIL 27, 2018
CRONIN FIELD – JESUIT HIGH SCHOOL
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**DEVELOPING
PROGRAM**

**YOUR HIGH SCHOOL DISTANCE
BALANCING ART & SCIENCE**



PART 1 : XC SEASON (SUMMER/FALL)
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TRACK & CROSS COUNTRY STATE CHAMPIONS
1982 - 2017

<p>TEAM CHAMPIONSHIPS25</p> <p>1996 - WOMEN'S CROSS COUNTRY</p> <p>1998 - WOMEN'S CROSS COUNTRY</p> <p>1999 - WOMEN'S CROSS COUNTRY</p> <p>2000 - MEN'S CROSS COUNTRY</p> <p>2002 - WOMEN'S CROSS COUNTRY</p> <p>2002 - MEN'S CROSS COUNTRY</p> <p>2003 - WOMEN'S CROSS COUNTRY</p> <p>2004 - WOMEN'S CROSS COUNTRY</p> <p>2004 - MEN'S CROSS COUNTRY</p> <p>2005 - WOMEN'S CROSS COUNTRY</p> <p>2006 - MEN'S TRACK & FIELD</p> <p>2006 - WOMEN'S CROSS COUNTRY</p> <p>2007 - WOMEN'S CROSS COUNTRY</p> <p>2008 - WOMEN'S TRACK & FIELD</p> <p>2008 - MEN'S CROSS COUNTRY</p> <p>2008 - WOMEN'S CROSS COUNTRY</p> <p>2009 - WOMEN'S CROSS COUNTRY</p> <p>2010 - WOMEN'S TRACK & FIELD</p> <p>2010 - WOMEN'S CROSS COUNTRY</p> <p>2011 - WOMEN'S TRACK & FIELD</p> <p>2013 - MEN'S TRACK & FIELD</p> <p>2014 - MEN'S TRACK & FIELD</p> <p>2016 - WOMEN'S TRACK & FIELD</p> <p>2016 - WOMEN'S CROSS COUNTRY</p> <p>2017 - WOMEN'S TRACK & FIELD</p>	<p>INDIVIDUAL STATE CHAMPIONS.....21</p> <p>1991 - SETH WETZEL (1500 METERS)</p> <p>1991 - SETH WETZEL (800 METERS)</p> <p>1992 - SETH WETZEL (1500 METERS)</p> <p>1992 - SETH WETZEL (800 METERS)</p> <p>1993 - MELISSA LUCAS (XC)</p> <p>1998 - STEVE LOUGHLIN (1500 METERS)</p> <p>1999 - STEVE LOUGHLIN (1500 METERS)</p> <p>1999 - STEVE LOUGHLIN (3000 METERS)</p> <p>2000 - LAURA HARMON (1500 METERS)</p> <p>2000 - LAURA HARMON (3000 METERS)</p> <p>2001 - TOMMY MANNING (1500 METERS)</p> <p>2008 - ADRIENNE MCGUIRK (3000 METERS)</p> <p>2008 - ANNAMARIE MAAG (XC)</p> <p>2009 - ANNAMARIE MAAG (1500 METERS)</p> <p>2009 - ANNAMARIE MAAG (3000 METERS)</p> <p>2009 - ANNAMARIE MAAG (XC)</p> <p>2010 - ANNAMARIE MAAG (3000 METERS)</p> <p>2010 - ANNAMARIE MAAG (XC)</p> <p>2014 - MICHAEL GODBOUT (1500 METERS)</p> <p>2017 - JOSHUA SCHUMACHER (3000 METERS)</p> <p>2017 - MAKENNA SCHUMACHER (3000 METERS)</p>
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CROSS COUNTRY NATIONAL QUALIFIERS

NIKE CROSS NATIONALS TEAMS.....8

2004

**MEN'S TEAM
(6TH PLACE)**

2004

WOMEN'S TEAM

2005

WOMEN'S TEAM

2007

WOMEN'S TEAM

2008

WOMEN'S TEAM

2008

MEN'S TEAM

2009

WOMEN'S TEAM

2010

**WOMEN'S TEAM
(4TH PLACE)**

FOOT LOCKER NATIONALS

MELISSA LUCAS

1993

JOSHUA SCHUMACHER

2017

PRIORITY

#1

RAPPORT

SCIENCE

JESUIT WORKOUT

OVERVIEW

FOR

CROSS COUNTRY

PRE SEASON

SUMMER TRAINING

2017

JESUIT CROSS COUNTRY
SUMMER TRAINING PLAN

#1. DETERMINE YOU MAXIMIUM MILEAGE GOAL

30* = 30 mpw

40* = 40 mpw

50* = 50 mpw

60* = 60 mpw

70* = 70 mpw

Week 1: 40% Mileage (Fr-16 So-20 Jr-24 Sr-28)

Week 2: 50% Mileage (Fr-20 So-25 Jr-30 Sr-35)

Week 3: 60% Mileage (Fr-24 So-30 Jr-36 Sr-42)

Week 4: 70% Mileage (Fr-28 So-35 Jr-42 Sr-49)

Week 5: 80% Mileage (Fr-32 So-40 Jr-48 Sr-56)

Week 6: 90% Mileage (Fr-36 So-45 Jr-54 Sr-63)

Week 7: 90% Mileage (Fr-36 So-45 Jr-54 Sr-63)

Week 8: 95% Mileage (Fr-38 So-48 Jr-54 Sr-67)

Week 9: 100% Mileage (Fr-40 So-50 Jr-60 Sr-70)

Week 10: 100% Mileage (Fr-40 So-50 Jr-60 Sr-70)

Week 11: 100% Mileage (Fr-40 So-50 Jr-60 Sr-70)

Week 12: 90% Mileage (Fr-36 So-45 Jr-54 Sr-63)

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Daily %	15%	15%	20%	10%	15%	25%	0%
50 MPW	7.5	7.5	10	5	7.5	12.5	0

Calculating Mileage

- Boys = Assume 7min/mile.

Min	35	42	49	56	63	70	77	84	91
Miles	5	6	7	8	9	10	11	12	13

- Girls = 8min/mile

Min	40	48	56	64	72	80	88	96	104
Miles	5	6	7	8	9	10	11	12	13

2016

Jesuit X-Country Summer Training Schedule

WEEK 1 – JUNE	WEEK 2
Mon – 60 min – upbeat/frisky pace (hilly)	Mon – 60 min – upbeat/frisky pace (hilly)
Tues – 40 – 50 min @ Relaxed/Upbeat Pace	Tues – 40 – 50 min @ Relaxed/Upbeat Pace
Wed – 60 min @ Upbeat – Frisky Pace	Wed – 60 min @ Upbeat – Frisky Pace
Thur – 40 – 50 min @ Relaxed/Upbeat Pace	Thur – 40 – 50 min @ Upbeat – Frisky Pace
Friday – 60 min @ Relaxed/Upbeat Pace	Friday – 60 min @ Relaxed/Upbeat Pace
Sat – 70 min @ Upbeat – Frisky Pace	Sat – 65-75 min @ Upbeat – Frisky Pace
Sun – Rest day	Sun – Rest day

WEEK 3	WEEK 4
Mon – 60 min – Upbeat – Frisky Pace (hilly)	Mon – 60 min – Upbeat – Frisky Pace (hilly)
Tues – 40 – 50 min @ Upbeat – Frisky Pace	Tues – 40 – 50 min @ Upbeat – Frisky Pace
Wed – 60 min @ Upbeat – Frisky Pace	Wed – 60 min @ Upbeat – Frisky Pace
Thur – 40 – 50 min @ Upbeat – Frisky Pace	Thur – 40 – 50 min @ Upbeat – Frisky Pace
Friday – 60 min @ Relaxed/Upbeat Pace	Friday – 60 min @ Relaxed/Upbeat Pace
Sat – 70-80 min @ Upbeat – Frisky Pace	Sat – 70-85 min @ Upbeat – Frisky Pace
Sun – rest day	Sun – rest day

WEEK 5	WEEK 6
Mon – 60 min – Hilly Fartlek	Mon – 65 min – Hilly Fartlek
Tues – 40 – 50 min @ Upbeat – Frisky Pace	Tues – 40 – 50 min @ Upbeat – Frisky Pace
Wed – 60 min @ Upbeat – Frisky Pace	Wed – 60 min @ Upbeat – Frisky Pace
Thur – 40 – 50 min @ Upbeat – Frisky Pace	Thur – 40 – 50 min @ Upbeat – Frisky Pace
Friday – 60 min @ Relaxed/Upbeat Pace	Friday – 60 min @ Relaxed/Upbeat Pace
Sat – 70-90 min @ Upbeat – Frisky Pace	Sat – 70-90 min @ Upbeat – Frisky Pace
Sun – rest day	Sun – rest day

Jesuit X-Country Summer Training Schedule

WEEK 7	WEEK 8
Mon – 65 – 70 min – Hilly Fartlek	Mon – 65 – 70 min – Hilly Fartlek
Tues – 40 – 50 min @ Upbeat – Frisky Pace	Tues – 40 – 50 min @ Upbeat – Frisky Pace
Wed – 60 min @ Upbeat – Frisky Pace	Wed – 60 min @ Upbeat – Frisky Pace
Thur – 40 – 50 min @ Upbeat – Frisky Pace	Thur – 40 – 50 min @ Upbeat – Frisky Pace
Friday – 60 min @ Relaxed/Upbeat Pace	Friday – 60 min @ Relaxed/Upbeat Pace
Sat – 70- 90 min @ Progressive Long Run	Sat – 70- 90 min @ Progressive Long Run
Sun – rest day	Sun – rest day

WEEK 9	WEEK 10
Mon – 65 – 70 min – Hilly Fartlek	Mon – 65 – 70 min – Hilly Fartlek
Tues – 40 – 50 min @ Relaxed/Upbeat Pace	Tues – 40 – 50 min @ Relaxed/Upbeat Pace
Wed – Anaerobic Threshold Workout (6 miles)	Wed – Anaerobic Threshold Workout (6 miles)
Thur – 40 – 50 min @ Relaxed/Upbeat Pace	Thur – 40 – 50 min @ Relaxed/Upbeat Pace
Friday – 60 min @ Upbeat Pace	Friday – 60 min @ Upbeat Pace
Sat – 70 - 90 min @ Progressive Long Run	Sat – 70 - 90 min @ Progressive Long Run
Sun – rest day	Sun – rest day

WEEK 11	WEEK 12
Mon – 65 – 70 min – Hilly Fartlek	Mon – 65 – 70 min – Hilly Fartlek
Tues – 40 – 50 min @ Relaxed/Upbeat Pace	Tues – 40 – 50 min @ Relaxed/Upbeat Pace
Wed – Anaerobic Threshold Workout (6 miles)	Wed – Anaerobic Threshold Workout (6 miles)
Thur – 40 – 50 min @ Relaxed/Upbeat Pace	Thur – 40 – 50 min @ Relaxed/Upbeat Pace
Friday – 60 min @ Upbeat Pace	Friday – 60 min @ Upbeat Pace
Sat – 70 - 90 min @ Progressive Long Run	Sat – 70 - 90 min @ Progressive Long Run
Sun – rest day	Sun – rest day

TRAINING ZONES (GIRLS TEAM)

DAY COLOR	TYPE OF WORKOUT	DESCRIPTON	FITNESS LEVEL	GIRL PACE
RED ZONE	800 PACE 1500 PACE 3000 PACE	ANAEROBIC ANAEROBIC VO2 MAX	17:30-18:00 18:00-18:30 18:30-19:00 19:00-19:30 19:30-20:00 20:00-20:30	TBA
ORANGE ZONE	5K PACE		17:30-18:00 18:00-18:30 18:30-19:00 19:00-19:30 19:30-20:00 20:00-20:30	TBA
YELLOW ZONE	CRUISE INTERVALS THRESHOLD REPS TEMPO RUN	ANAEROBIC THRESHOLD	17:30-18:00 18:00-18:30 18:30-19:00 19:00-19:30 19:30-20:00 20:00-20:30	TBA
DARK GREEN ZONE		FRISKY	17:30-18:00 18:00-18:30 18:30-19:00 19:00-19:30 19:30-20:00 20:00-20:30	6:40-7:00 6:50-7:05 7:00-7:15 7:10-7:30 7:15-7:40 7:25-7:50
GREEN ZONE		UPBEAT	17:30-18:00 18:00-18:30 18:30-19:00 19:00-19:30 19:30-20:00 20:00-20:30	7:10-7:25 7:15-7:30 7:20-7:40 7:30-7:50 7:40-8:00 7:50-8:10
LT. GREEN ZONE		RELAXED	17:30-18:00 18:00-18:30 18:30-19:00 19:00-19:30 19:30-20:00 20:00-20:30	7:30-7:50 7:40-8:00 7:50-8:10 8:00-8:20 8:10-8:30 8:15-8:35
BLUE ZONE	RECOVERY RUN JOGGING	EASY		8:30 + 9:00 +

TRAINING ZONES (BOYS TEAM)

DAY COLOR	TYPE OF WORKOUT	DESCRIPTON	FITNESS LEVEL	BOY PACE
RED ZONE	800 PACE 1500 PACE 3000 PACE	ANAEROBIC ANAEROBIC VO2 MAX	TBA	15:00-15:30 15:30-16:00 16:00-16:30 16:30-17:00 17:00-17:30 17:30-18:00
ORANGE ZONE	5K PACE		TBA	15:00-15:30 15:30-16:00 16:00-16:30 16:30-17:00 17:00-17:30 17:30-18:00
YELLOW ZONE	CRUISE INTERVALS THRESHOLD REPS TEMPO RUN	ANAEROBIC THRESHOLD	TBA	15:00-15:30 15:30-16:00 16:00-16:30 16:30-17:00 17:00-17:30 17:30-18:00
DARK GREEN ZONE		FRISKY	5:45-6:15 5:55-6:20 6:00-6:30 6:15-6:45 6:30-7:00 6:45-7:15	15:00-15:30 15:30-16:00 16:00-16:30 16:30-17:00 17:00-17:30 17:30-18:00
GREEN ZONE		UPBEAT	6:20-6:40 6:30-6:45 6:40-6:50 6:50-7:00 7:00-7:15 7:15-7:30	15:00-15:30 15:30-16:00 16:00-16:30 16:30-17:00 17:00-17:30 17:30-18:00
LT. GREEN ZONE		RELAXED	6:50-7:10 7:00-7:20 7:15-7:30 7:20-7:40 7:30-7:45 7:40-7:55	15:00-15:30 15:30-16:00 16:00-16:30 16:30-17:00 17:00-17:30 17:30-18:00
BLUE ZONE	RECOVERY RUN JOGGING	EASY	8:00+ 8:30+	

REGULAR
SEASON

TRAINING

August 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Beach Trip (B)	2 Beach Trip (B)	3 Beach Trip (B/G)	4 Beach Trip (G)	5 Beach Trip (G)	6 Long Run (Progressive or Steady State)	7 Off
8 Hilly Fartlek Run (65)	9 Training Run (45)	10 Threshold Work (6 Miles)	11 Training Run (45)	12 Training Run (60)	13 Long Run (Progressive or Steady State)	14 Off
15 Training Run (60)	16 Training Run (45)	17 Hilly Fartlek Run (65) Travel Wa Pa - OYO	18 Training Run (45)	19 Twilight Tempo Run	20 Long Run (Relaxed)	21 Off
22 Hilly Fartlek Run (65) Travel Wa Pa - OYO	23 Training Run (50)	24 Training Run (45)	25 4K TIME TRIAL	26 Recovery Run (45)	27 Long Run (Progressive or Steady State)	28 Off
29 Hilly Fartlek Run (65) @ Wa Pa Travel Wa Pa - OYO	30 Training Run (45)	31 Threshold Work (6 Miles) Travel to THPRD				

EVENTS

HIGHLIGHTS.....

TWILIGHT TEMPO RELAY – AUG 19

4k TIME TRIAL – AUG 27

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Training Run BILL CHAMPMAN INVITE	2 Light Race Pace Work	3 Long Run (Steady State or Progressive)	4 Off
5 Training Run (60) Travel to THPRD (1)	6 Training Run (45)	7	8 Recovery Run (45)	9	10	11 Off
12 Training Run (60)	13 Training Run (45)	14 Century, Southridge @ Jesuit	15 Recovery Run (45)	16 ½ Threshold ½ Race Pace Travel To THPRD (1)	17 Long Run (Relaxed)	18 Off
19 Run w/ Fartlek (60-20) Travel To THPRD (1)	20 Training Run (45)	21 Threshold Work (4 Miles)	22 Training Run (45)	23 Light Pre Race Routine	24 Bob Firman Invite Nike Portland XC	25 Off
26 Threshold Work (4 Miles)	27 Training Run (45)	28 Glenco, Liberty @ Liberty	29 Recovery Run (45)	30 Race Pace Work Travel To THPRD (1)		

November 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Training Run (40)	2 Light Tempo Run	3 Training Run (40) Or Time Trial 3k/5k	4 Light Pre Race Routine	5 State XC	6 OYO
7 OYO	8 Light Tempo Run or Threshold Repeats	9 Training Run (45)	10 Training Run (40)	11 Light Pre Race Routine	12 Nike Cross Regionals	13 Table Rock Run
14 OYO	15 OYO	16	17	18	19 Nike Border Clash 18	20 Rest
21	22	23	24	25	26	27
28	29	30	DEC 1	2	3 Nike Cross Nationals	

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 8/15/16 ----- 8/21/16

DAY	GROUP 1	GROUP 2
Mon	3 pm Lockers Issued 3:15 pm Team Meeting – Activity Room Weights/ABS & push Ups Training Run – 60 min (upbeat ... finish frisky) Strides = 6 x 100 finishes	3 pm Lockers Issued 3:15 am Team Meeting – Activity Room Warm Up Run 15 min, Stretch, Drills ABS & push Ups Training Run – 20-40 min (relaxed) Strides (6 x 100)
Tues	3 pm JOG 3 Laps, Stretch ABS /Push ups Training Run Relaxed (45-55 min) Strides (3-4 x 150)	3 pm Warm Up 15 min, Stretch ABS /Push ups Training Run (relaxed) (20-25 min) Strides (3-4 x 150)
Wed	3 pm Warm Up 15 min, Stretch Wa Pa Loop x 2---- Hilly Fartlek Warm Down 10 min	3 pm Warm Up 15 min, Stretch ABS /Push Ups “Cone Fartlek” on XC trail (2 x 10 min with 2 min rest) Warm Down (15min)
Thur	3 pm JOG 3 Laps, Stretch ABS /Push ups Training Run Relaxed (45-55 min) Strides (3-4 x 150)	3 pm Warm Up 15 min, Stretch ABS /Push ups Training Run (relaxed) (20-25 min) Strides (3-4 x 150)
Fri	6 pm Warm Up 15 min, Stretch TWILIGHT TEMPO on Track (2 person teams....30 min each runner) Girls will start at 6:25, Boys as soon as girls finish Warm Down 15 min	3 pm Warm Up 15 min, Stretch ABS /Push ups Strides (6-8 x 100) AT Repeats (3-4 x 1K @ AT pace with 45 sec rest) Warm Down 15 min
Sat	9 AM LSD 75 – 95 min – Meet at Leif and Germantown	LSD 30 – 60 min – Meet group at Leif and Germantown..... 9 am Or on your own
Sun	EASY RUN (20- 30 MIN) OR REST	EASY RUN (20- 30 MIN) OR REST

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 8/22/16 ----- 8/28/16

DAY	GROUP A	GROUP B
Mon	3 pm Warm Up Training Run (50 min) Strides (6-8x100) ABS /Push ups	3 pm ABS & push Ups Warm Up Run 15 min, Stretch, Drills Training Run – 30-40 min (relaxed)..learn 4k course Strides (6 x 100)
Tues	6 pm Warm Up TWILIGHT TEMPO on Track Girls will start at 6:45 Boys as soon as girls finish Warm Down ABS /Push ups	3 pm ABS /Push ups Warm Up 15 min, Stretch 3:45 – 4k Time Trial- girls 4:15 – 4k time trial -boys Warm Down
Wed	3 pm Warm Up Training Run (50 min) Strides (3-4 x 150) ABS /Wts	3 pm ABS & push Ups Warm Up Run 15 min, Stretch, Drills Training Run – 30-40 min Strides (3-4 x 150)
Thur	3 pm Warm Up Raleigh Park Fartlek – 50 min Warm Down ABS /Push ups	3 pm ABS /Push Ups Warm Up 15 min, Stretch AT Repeat (1 x 800 w/ 1 min rest) “Cone Fartlek” on XC trail (2 x 10 min with 2 min rest) Warm Down (15min)
Fri	3 pm Warm Up Training Run (50 min) Strides (3-4 x 200) ABS /Wts	3 pm ABS & push Ups Warm Up Run 15 min, Stretch, Drills Training Run – 30-40 min Strides (3 x 200)
Sat	9 AM LSD 60-75 min – Meet at Beaverton Nature Park	LSD 30 – 60 min – Meet group at Beaverton Nature Park 9 am Or on your own
Sun	EASY RUN (20- 30 MIN) OR REST	EASY RUN (20- 30 MIN) OR REST

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 8/29/16 ----- 9/4/16

DAY	GROUP A	GROUP B
Mon	Warm Up Girls Uniforms Issued Training Run (50 min) Strides (3-4 x150) ABS /WTS 4:40 Boys Uniforms Issued	3 PM ABS/core Warm Up 15 min, Stretch, Drills, AT Workout (5 X 1000 @ AT PACE w/ 45 sec rest) Warm Down 15 min
Tues	Warm Up AT Workout (5-6 x 1 mile w/ 45 sec rest) (or 8 X 1K) Warm Down 15 min + ABS/core/PU	ABS & push Ups Warm Up 15 min, Stretch, Drills 1 x 1k @ Race pace Training Run – 20-30 min (relaxed) Strides (6 x 100)
Wed	6 AM – JOG/ wts, core, agility 3PM Warm up Training Run (relaxed) (25-30 min) Stretch Strides (6 x 100) ABS /Push ups	3PM ABS/core Warm Up 15 min, Stretch, Drills Training Run (relaxed) (25-30 min) Stretch Strides (6 x 100)
Thur	2:45 Load Buses 2:50 Depart 3:30 Arrive CHAPMAN INVITATIONAL at Rood Bridge Park Walk Course Varsity Boys Warm Up 4:00 JV Novice 3k Race/Varsity Warm Up (girls) 4:30 Var Boys Race/ JV Boys Warm Up 5:00 Var Girls Race/JV Girls Warm Up 5:30 JV Boys Race 6:15 JV Girls Race cool down w/ training OR Non competing athletes Training Run (45-55 min) Strides (3-4 x 150)	2:45 Load Buses 2:50 Depart 3:30 Arrive CHAPMAN INVITATIONAL at Rood Bridge Park Walk Course Varsity Boys Warm Up 4:00 JV Novice 3k Race/Varsity Warm Up (girls) 4:30 Var Boys Race/ JV Boys Warm Up 5:00 Var Girls Race/JV Girls Warm Up 5:30 JV Boys Race 6:15 JV Girls Race OR Non competing athletes Training Run (45-55 min) Strides (3-4 x 150)
Fri	Warm up Training Run Relaxed (45-55 min) Strides (3x200)	ABS/core Warm Up 15 min, Stretch, Drills Training Run Relaxed (30-35 min) Strides (3x200)
Sat	9 AM LSD 75 – 95 min – Meet at Leif and Germantown	9 AM LSD 40-60 min – Meet at Leif and Germantown or on your own
Sun	EASY RUN (20- 30 MIN) OR REST	EASY RUN (20- 30 MIN) OR REST

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 9/5/16 ----- 9/11/16

DAY	GROUP A	GROUP B
Mon	Warm Up AT Workout (10 x 800 AT pace w/ 60 sec rest) Warm Down 15 min + ABS/core/PU	ABS/core Warm Up 15 min, Stretch, Drills, AT Workout (5 X 1000 @ AT PACE w/ 45 sec rest) Warm Down 15 min
Tues	Warm Up Training Run (50 min) Strides (3-4 x150) ABS /core/PU	ABS & push Ups Warm Up 15 min, Stretch, Drills 6-8 X 800 @ AT pace with 60 sec rest Cool Down – 15 min Strides (6 x 100)
Wed	6 AM – JOG/ wts, core, agility Warm Up Stretch + drills Fartlek @ Jesuit Warm Down	ABS/core Warm Up 15 min, Stretch, Drills Training Run (relaxed) (30-45 min) Stretch Strides (6 x 100)
Thur	TEAM PICTURES 2:50 BOYS 3:20 GIRLS Warm up Training Run (relaxed) (50 min) Stretch Strides (6 x 100) ABS /core/Push ups	TEAM PICTURES 2:50 BOYS 3:20 GIRLS Warm up Training Run (relaxed) (30 min) Stretch Strides (6 x 100) ABS /Push ups
Fri	6 AM – JOG/ wts, core, agility Warm up Training Run Relaxed (45-55 min) Strides (3x200)	ABS/core Warm Up 15 min, Stretch, Drills Race Simulation Workout Warm Down
Sat	10 AM Warm Up “The Tyson” Workout (Race simulation) Warm Down	9 AM LSD 40-60 min on your own
Sun	EASY RUN (20- 30 MIN) OR REST	EASY RUN (20- 30 MIN) OR REST

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 9/12/16 ----- 9/18/16

DAY	GROUP A	GROUP B
Mon	6 AM – JOG/ wts, core, agility 60-90 min Training run	ABS/core Warm Up 15 min, Stretch, Drills, AT Workout (4-5 X 1000 @ AT PACE w/ 45 sec rest) Warm Down 15 min
Tues	Warm Up Training Run (30 min) Strides (3-4 x150) ABS /core/PU	Warm Up Training Run (30 min) Strides (3-4 x150) ABS /core/PU
Wed	2:50 pm Meet in Activity Room MEET V. SOUTHRIDGE/CENTURY 4:30 V. GIRLS 4:55 V. BOYS 5:25 JV GIRLS 6:00 JV BOYS	2:50 pm Meet in Activity Room MEET V. SOUTHRIDGE/CENTURY 4:30 V. GIRLS 4:55 V. BOYS 5:25 JV GIRLS 6:00 JV BOYS
Thur	Warm up Training Run (relaxed) (50 min) Stretch Strides (6 x 100) ABS /core/Push ups	Warm up Training Run (relaxed) (30 min) Stretch Strides (6 x 100) ABS /Push ups
Fri	6 AM – JOG/Wts, core, agility Warm up AT Workout (TBA) Strides (3x200)	ABS/core Warm Up 15 min, Stretch, Drills 4-6 X 1000M @ Race pace w/ 3 min rest Warm Down
Sat	9 AM Training Run (60 min) (Long run for the week will be on Monday)	9 AM LSD 40-60 min on your own
Sun	EASY RUN (20- 30 MIN) OR REST	EASY RUN (20- 30 MIN) OR REST

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 9/19/16 ----- 9/25/16

DAY	GROUP A	GROUP B
Mon	6 AM – JOG/ wts, core, agility PM – 2:50 ... Load Bus/Depart for THPRD 3:15 Warm Up/stretch/drills/strides 3:50 Race Pace Intervals (TBA) 4:20 Warm Down 4:40 Depart for Jesuit	Warm Up 15 min, Stretch, Drills, Pack Attack Workout (5-6 X 800 @ RACE PACE w/ 3 min sec rest jog)...groups must be within 5 sec of each other or repeat does not count. Finish Work.....2 x 300 Finishes Warm Down 15 min ABS/core
Tues	Warm Up Training Run (50 min) Strides (3-4 x150) ABS /core/PU	Warm Up Training Run (30 min) Strides (3-4 x150) ABS /core/PU
Wed	6 AM – JOG/ wts, core, agility 60-90 min Training run	Warm Up 15 min, Stretch, Drills, AT Workout (3-4 x Mile w/ 1 min sec rest jog) 3-4 x 200m finishes w/ 200 rest jog Warm Down 15 min ABS/core
Thur	Warm up Training Run (relaxed) (50 min) Stretch Strides (6 x 100) ABS /core/Push ups Race Meetings...Nike Portland XC Squad	Warm up Training Run (relaxed) (30 min) Stretch Strides (6 x 100) ABS /Push ups
Fri	Varsity 1 – Travel to Boise Pre-meet day (jog, stretch, strides) Pre-meet day Easy Run (20-30 min) Strides (6 x 100)	ABS/core Pre-meet day Easy Run (20-30 min) Strides (6 x 100) Race Meetings
Sat	BOB FIRMAN INVITATIONAL OR NIKE PORTLAND XC MEET	NIKE PORTLAND XC MEET
Sun	EASY RUN (20- 30 MIN) OR REST	EASY RUN (20- 30 MIN) OR REST

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 9/26/16 ----- 10/2/16

DAY	GROUP A	GROUP B
Mon	6 AM – JOG/ wts, core, agility Warm up 5 x 400 @ 5k goal pace with 100 rest jog Tempo run – 2 miles 5 x 400 @ 3k pace with 100 rest jog Warm Down	ABS/core Warm Up 15 min, Stretch, Drills, 3 x 400 @ 5k Goal Pace w/ 200m rest jog Tempo Runs 3 x 1k 3 x 400 @ Faster than 5k Goal pace w/ 200m rest jog Warm Down 15 min
Tues	Warm Up Training Run (30 min) Strides (3-4 x150) ABS /core/PU	Warm Up Training Run (30 min) Strides (3-4 x150) ABS /core/PU
Wed	2:50 pm Load Bus/Depart for Liberty MEET V. LIBERTY/GLENCOE 4:30 V. & JV GIRLS 4:55 V. BOYS 5:25 JV BOYS	2:50 pm Load Bus/Depart for Liberty MEET V. LIBERTY/GLENCOE 4:30 V. & JV GIRLS 4:55 V. BOYS 5:25 JV BOYS
Thur	Warm up Training Run (relaxed) (45-50 min) Stretch Strides (6 x 100) ABS /core/Push ups	Warm up Training Run (relaxed) (30 min) Stretch Strides (6 x 100) ABS /core/Push ups
Fri	6 AM – JOG/ wts, core, agility Warm up AT Workout (6 X 1000 @ AT PACE w/ 45 sec rest) 300-200-100, Repeat	ABS/core Warm up AT Workout (4 X 1000 @ AT PACE w/ 45 sec rest) 300-200-100
Sat	9 AM Long Training Run (70-90 min) @ Beaverton Nature Park	9 AM LSD 40-60 min on your own or with the group
Sun	EASY RUN (20- 30 MIN) OR REST	EASY RUN (20- 30 MIN) OR REST

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 10/3/16 ----- 10/9/16

DAY	GROUP A	GROUP B
Mon	6 AM – JOG/ wts, core, agility <u>GREEN N GOLD SQUAD</u> Warm Up 15 min, Stretch, Drills, Pack Attack Workout (4-5 X 1000 @ RACE PACE w/ 3 min sec rest jog)... groups must be within 5 sec of each other or repeat does not count. Finish Work....2 x 300 Finishes Warm Down 15 min <u>NIKE HOLE IN WALL SQUAD</u> Training Run (40 min) Finishing Sprints – 6-8 x 200 ABS /core/PU	Warm Up 15 min, Stretch, Drills, Pack Attack Workout (4-5 X 1000 @ RACE PACE w/ 3 min sec rest jog)... groups must be within 5 sec of each other or repeat does not count. Finish Work....2 x 300 Finishes Warm Down 15 min ABS/core
Tues	PM – 2:50 ...Load Bus/Depart for THPRD 3:15 Warm Up/stretch/drills/strides 3:50 Race Pace Intervals (TBA) 4:20 Warm Down 4:40 Depart for Jesuit	Warm Up Training Run (30 min) Strides (3-4 x150) ABS /core/PU
Wed	6 AM – JOG/ wts, core, agility 2:50 Meet in Activity Room Warm up Run 3:45 Green n Gold Cool Down Or Training Run (40 min)	2:50 Meet in Activity Room Warm up Run 3:45 Green n Gold Cool Down
Thur	Training Run 25-30 min 500-400-300-200-100-100 @ 1500 pace ABS /core/Push ups Race Meetings...Nike hole in the Wall Meet	Warm up Training Run (relaxed) (30 min) Stretch Strides (6 x 100) ABS /Push ups
Fri	Varsity 1 & 2 – Travel to Seattle area Pre-meet day (jog, stretch, strides) Or Training Run 25-30 min 500-400-300-200-100-100 @ 1500 pace ABS /core/Push ups	Warm Up AT Repeats 3 x 800 w/ 45 sec rest Goal Pace 1 x 800 w/ 2 min rest AT Repeats 2 x 800 w/ 45 sec rest Cool down, abs
Sat	NIKE HOLE IN THE WALL MEET Or LSD 75-90 min	LSD 50-75 min
Sun	EASY RUN (20- 30 MIN) OR REST	EASY RUN (20- 30 MIN) OR REST

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 10/10/16 ----- 10/16/16

DAY	GROUP A	GROUP B
Mon	<p>3:00Load Bus Depart Long Run 70 – 90 min 5 pm (approx. return to Jesuit)</p>	<p>ABS/core</p> <p>Warm Up 15 min, Stretch, Drills, Pack Attack Workout... on XC loop 1 x 400 @ goal pace..1st 400w/ 1 x 800 @ goal pace – out fast, settle in 1 x Mile @ middle mile pace 2 x 800 @ last 800 effort 1 x 400 @last 400 pace Warm Down 15 min</p>
Tues	<p>Warm Up Training Run (30 min) Strides (3-4 x150) WTS /core/PU</p>	<p>Warm Up Training Run (30 min) Strides (3-4 x150) ABS /core/PU</p>
Wed	<p>2:50 pm Load Bus/Depart for THPRD MEET V. BEAV/ALOHA 4:30 V GIRLS 4:55 V. BOYS 5:25 JV GIRLS 6:00 JV BOYS</p>	<p>2:50 pm Load Bus/Depart for THPRD MEET V. BEAV/ALOHA 4:30 V GIRLS 4:55 V. BOYS 5:25 JV GIRLS 6:00 JV BOYS</p>
Thur	<p>Warm up Training Run (relaxed) (45-50 min) Stretch Strides (6 x 100) WTS /core/Push ups</p>	<p>Warm up Training Run (relaxed) (30 min) Stretch Strides (6 x 100) ABS /core/Push ups</p>
Fri	<p>On Your own – Easy run 30 min</p> <p>Meet @ 2 pm Warm up Pack Attack Workout (TBA) Warm Down</p>	<p>Meet @ 10 am Warm up JESUIT FAST 5K Warm Down</p>
Sat	<p>9 AM</p> <p>Long Training Run (70-90 min) @ Beaverton Nature Park</p>	<p>9 AM</p> <p>LSD 40-60 min on your own or with the group</p>
Sun	<p>EASY RUN (20- 30 MIN) OR REST</p>	<p>EASY RUN (20- 30 MIN) OR REST</p>

Pack Attack Workout (Goal to tighten up our pack)

- 2 x 800..... Out fast 1st 400, settle in to race pace w/ 2 min rest jog
- 1 x Mile Goal pace middle mile..... 2/ 3-4 min rest jog
- 2 x 800..... Cut downs (ie.75 – 70, or 88-83)..... w/ 3 min rest
- 1 x 300, 200, 100

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 10/17/16 ----- 10/23/16

DAY	GROUP A	GROUP B
Mon	Warm Up Training Run (50 min) Strides (3-4 x150) 4:15 ABS /core/Weights	ABS/core Warm Up 15 min, Stretch, Drills, Track Repeats (3-4 X 800 @ 5k Goal Pace then DD 3 sec per rep- Rest 3 min) Warm Down 15 min
Tues	Warm Up Training Run (30 min) Strides (3-4 x150) ABS /core/PU	Warm Up Training Run (30 min) Strides (3-4 x150) ABS /core/PU
Wed	2:50 pm Meet in Activity Room MEET V. WESTVIEW/SUNSET 4:30 V. GIRLS 4:55 V. BOYS 5:25 JV GIRLS 6:00 JV BOYS	2:50 pm Meet in Activity Room MEET V. WESTVIEW/SUNSET 4:30 V. GIRLS 4:55 V. BOYS 5:25 JV GIRLS 6:00 JV BOYS
Thur	Warm up Training Run (relaxed) (50 min) Stretch Strides (6 x 100) ABS /core/Push ups	Warm up Training Run (relaxed) (30 min) Stretch Strides (6 x 100) ABS /Push ups
Fri	6 AM – JOG/ wts, core, agility 2:50 PM – LOAD BUS 3:00 - Travel to THPRD Warm up Pack Attack Workout - TBA Strides (3x200)	2:50 PM – LOAD BUS 3:00 - Travel to THPRD Warm up Pack Attack Workout - TBA Strides (3x200) Cool Down – 15 min
Sat	9 AM Long Training Run (60 – 75 min) 9 am at Beaverton Nature Park	9 AM LSD 40-60 min on your own
Sun	EASY RUN (20- 30 MIN) OR REST	EASY RUN (20- 30 MIN) OR REST

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 10/17/16 ----- 10/23/16

DAY	GROUP A	GROUP B
Mon	Warm Up Training Run (50 min) Strides (3-4 x150) 4:15 ABS /core/Weights	ABS/core Warm Up 15 min, Stretch, Drills, Track Repeats (3-4 X 800 @ 5k Goal Pace then DD 3 sec per rep- Rest 3 min) Warm Down 15 min
Tues	Warm Up Training Run (30 min) Strides (3-4 x150) ABS /core/PU	Warm Up Training Run (30 min) Strides (3-4 x150) ABS /core/PU
Wed	2:50 pm Meet in Activity Room MEET V. WEST VIEW/SUNSET 4:30 V. GIRLS 4:55 V. BOYS 5:25 JV GIRLS 6:00 JV BOYS	2:50 pm Meet in Activity Room MEET V. WEST VIEW/SUNSET 4:30 V. GIRLS 4:55 V. BOYS 5:25 JV GIRLS 6:00 JV BOYS
Thur	Warm up Training Run (relaxed) (50 min) Stretch Strides (6 x 100) ABS /core/Push ups	Warm up Training Run (relaxed) (30 min) Stretch Strides (6 x 100) ABS /Push ups
Fri	6 AM – JOG/ wts, core, agility 2:50 PM – LOAD BUS 3:00 - Travel to THPRD Warm up Pack Attack Workout - TBA Strides (3x200)	2:50 PM – LOAD BUS 3:00 - Travel to THPRD Warm up Pack Attack Workout - TBA Strides (3x200) Cool Down – 15 min
Sat	9 AM Long Training Run (60 – 75 min) 9 am at Beaverton Nature Park	9 AM LSD 40-60 min on your own
Sun	EASY RUN (20- 30 MIN) OR REST	EASY RUN (20- 30 MIN) OR REST

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 10/24/16 ----- 10/30/16

DAY	GROUP A	GROUP B
Mon	Warm up – 15 min 5-6 x 200 @ Comfortably Hard (1500-3K Pace) w/ 200 rest jog Warm Down – 15 min ABS/push ups Tonight – KEY KNIGHT OF SLEEP •Racing Shoes Prepared // Uniform Washed & Ready	Same as group 1
Tues	3 PM Team Meeting 3:10 JV Boys (Group A) Meeting- Rm 54 3:30 JV Girls (Group A) Meeting- Rm 54 3:55 Var Girls Meeting- Rm 54 4:15 Var Boys Meeting- Rm 54 PREMEET DAY Abs/core Training run 25 min Stretch Strides – 6 x 100 • Uniforms – Varsity Volt jersey/black shorts JV – Black DQT Jersey/Black shorts	PREMEET DAY Abs/core Training run 25 min Stretch Strides – 6 x 100 JV Meetings
Wed	12:45 DISMISSAL 1:00 LOAD BUS/DEPART FOR THPRD 1:30 ARRIVAL DISTRICT MEET (approx. start times) 3:00 JV GIRLS 3:40 JV BOYS 4:10 VARSITY GIRLS 4:40 VARSITY BOYS 5:05 FUTURES BOYS 5:30 AWARDS	JV BOYS AND GIRLS SHOULD EAT LUNCH EARLIER THAN NORMAL (STARTING WARM UP AT 2:00 AND 2:40). 12:45 DISMISSAL 1:00 LOAD BUS/DEPART FOR THPRD 1:30 ARRIVAL 3:00 JV GIRLS 3:40 JV BOYS 4:10 VARSITY GIRLS 4:40 VARSITY BOYS 5:05 FUTURES BOYS 5:30 AWARDS
Thur	40 MIN Recovery Run @ Massage Pace Stretching ABS/Core	JV ATHLETES TURN IN UNIFORMS AT 2:30 ON MONDAY10-26-15
Fri	Training Run (40-50 min) Stretch, Drills ABS/Push Ups NXN REGIONAL TEAM @ Jesuit Warm Up – 15 min 5 x 800 @ Race Pace w/ 3 min rest 1 x 300/200/100 @ 1500m Pace Cool Down – 15 min	JV ATHLETES TURN IN UNIFORMS AT 2:30 ON MONDAY10-26-15
Sat	LSD (60 – 75 MIN) (with Threshold work during 2 nd half of run) Meet @ 9 AM at Beaverton Nature Park	JV ATHLETES TURN IN UNIFORMS AT 2:30 ON MONDAY10-26-15
Sun	EASY RUN (30 MIN) OR REST	JV ATHLETES TURN IN UNIFORMS AT 2:30 ON MONDAY10-26-15

JESUIT CROSS COUNTRY RUNNERS – WEEKLY WORKOUTS FOR: 10/31/16 ----- 11/6/16

DAY	GROUP 1 (Top 8'S)	STATE ALT./SUPPORT SQUAD/REGIONAL SQUAD
Mon	Team Meeting – Activity Room – 3 pm Training Run 35 min 4-5 x 150 strides Abs/core/push ups	Team Meeting – Activity Room – 3 pm Warm up – 15 min Track Workout (800,600,400,300,200,100,100) Warm Down – 15 min Abs/core/push ups
Tues	Team Meeting – Activity Room – 3 pm Warm up – 15 min Track Workout (800,600,400,300,200,100,100) Strength training 6 X 100	Team Meeting – Activity Room – 3 pm Recovery Run (40 min) Strength training 6 X 100
Wed	Team Meeting – Activity Room – 3 pm Training Run 35 min 4-5 x 150 strides Abs/core/push ups	Team Meeting – Activity Room – 3 pm Warm Up 15 min, Stretch TRACK 5K – GIRLS 3:30, BOYS 4 PM Cool Down 15 min Strength training
Thur	Team Meeting – Activity Room – 3 pm Warm up – 15 min 4 x 200 @ 3k ---1500 pace Warm down – 15 min Sit Ups/Push Ups 5 pm Mass, Team Dinner to follow	Team Meeting – Activity Room – 3 pm Warm Up 15 min, Stretch Recovery Run (35 min) Sit Ups/Push Ups 5 pm Mass, Team Dinner to follow
Fri	2:30 LOAD AND DEPART FOR EUGENE JOG THE COURSE STRIDES TO HOTEL	Warm Up 15 min, Stretch 5 x 1k @ AT pace with 45 sec rest Cool Down – 15 min Strength training
Sat	STATE MEET REFER TO ITINERARY PIZZA ON THE WAY HOME	STATE MEET 65 min run on your own in morning 11:30 bus departure for Eugene 1:30 arrival... support squad PIZZA ON THE WAY HOME
Sun	EASY RUN (30 MIN) OR REST	EASY RUN (30 MIN) OR REST

**JESUIT XC POST SEASON
TRAINING SCHEDULE**

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					OSAA STATE MEET	REST
OYO	OYO	TRAINING RUN (45 MIN)	TIME TRIAL (3K/5K)	TRAINING RUN (45 MIN)	TRACK WORKOUT 800/400'S/400	REST
LSD (65MIN)	TRACK WORKOUT 10X300	TRAINING RUN (45 MIN)	OREGON DRILL	EASY 25 MIN	NXN REGIONALS (Boise, Id)	CROSS RUN
REST	TRAINING RUN 45 MIN	A.T. REPEATS 3 X 1K RACE PACE 1 X K	TRAINING RUN 45 MIN	LEIF ERICKSON (HILLY FARTLEK)-	EASY 30 MIN	NIKE BORDER CLASH/TIME TRIAL (NIKE TRACK)
REST	LEIF ERICKSON (HILLY FARTLEK)	TRAINING RUN 45 MIN	TURKEY TROT GIVE – N GOBBLE	TRAINING RUN 45 MIN	TRACK WORKOUT 9 AM	REST DAY
LSD (60 MIN)	EASY 45 MIN	LIGHT TEMPO RUN	EASY 45 MIN	EASY 20-30 MIN	NXN or FOOTLOCKER WEST	REST

CONSIDERATIONS WHEN PLANNING A SEASON..... “THE ART”

- AGE OF YOUR TEAM (FROSH/SOPH vs JR/SR)
- EXPERIENCE OF RUNNERS
- PHYSICAL MATURITY OF RUNNERS
- TEAM PERSONALITY
- LEADERSHIP (QUALITY, QUANTITY)
- WORK ETHIC OF GROUP
- TEAM BOND (HARD WORK V. REC/SOCIAL)
- BENEFIT OF INDIVIDUAL APPROACH (INSTINCT/EXPERIENCE)
- DRAWBACKS OF INDIVIDUAL APPROACH (LIMITS)
- A LOOK AT 2 DIFFERENT TEAMS
 - 2008 MEN’S TEAM
 - 2010 WOMEN’S TEAM

ARTISTIC ADJUSTMENTS

WORKOUT INTENSITY

**Personalities of squad – avoid workout
King/Queens**

Avoid Coaching for Entertainment

ARTISTIC ADJUSTMENTS

VOLUME OF QUALITY TRAINING

Major Considerations

Age of runners

Physical maturity of Runners

**Younger runners may be able to race with
older runners ...but not do the same
amount of quality work**

ARTISTIC ADJUSTMENTS

TOTAL RUNNING VOLUME

Major Considerations

Age of runners

Physical maturity of Runners

Younger runners may be able to race with older runners ...but should not do the same total volume of running

ARTISTIC ADJUSTMENTS

RACING SCHEDULE

**Younger runners
may need more races**

**Need to learn
how to race**

**in low pressure situations
(dual meets=valuable)**

ARTISTIC ADJUSTMENTS

RACING SCHEDULE

**Older runners/More experienced runners
better served
with
large invites
fewer races
and
more quality workouts**

ARTISTIC ADJUSTMENTS

LONG RUN

Total Length

Frequency

Progression Run

ARTISTIC ADJUSTMENTS

QUALITY WORK BASED ON
PACK MAKE – UP

1 – 4

1-1-3-2

ETC

THIS EFFECTS

REPEAT WORK

PROGRESSION RUNS

LONG RUNS

(AVOID CREATING WORKOUT KING/QUEEN)

2008 MEN'S XC TEAM

- OREGON STATE CHAMPIONS
- TIGHTEST PACK IN OREGON HISTORY
 - (1-5 = 10.4 SECONDS)
- LOWEST RAW SCORE IN OREGON STATE MEET HISTORY (6a)
 - (3,4,5,6,10 =28)
- NXN NATIONAL QUALIFIER

KEY CONSIDERATIONS FOR 2008 MEN'S TEAM

- MATURITY OF RUNNERS
 - 6 SENIORS/1 JUNIOR
 - CONSISTENCY OF “BIG RED”...FAMILY BELIEF
 - HUNGRY FOR “THEIR CHANCE”
- INEXPERIENCED TEAM
 - ONLY 1 RUNNER WITH STATE MEET EXPERIENCE
 - BIG MEET FOCUS...NEED RACING EXPERIENCE
- PREPARED SQUAD PREVIOUS YEAR
 - NIKE PRE NAT'S
- PACK MAKE UP 6-1 PACK
 - » 1 RUNNER OUT FIRST MEET –ALL BELIEVED THEY WERE #1

2010 WOMENS XC TEAM

- OREGON STATE CHAMPIONS
- 9TH CONSECUTIVE TEAM STATE TITLE
 - DEALT WITH HUGE EXPECTATION
- TEAM LEADER
 - 3 TIME STATE INDIVIDUAL CHAMPION
 - (ANNA MARIE MAAG)
- NXN NATIONAL QUALIFIER
 - 4TH PLACE FINISH

KEY CONSIDERATIONS FOR 2010 WOMEN'S TEAM

- EXPERIENCED TEAM
 - 5 GIRLS WITH 4 YEARS AT STATE MEET
 - BIG MEET FOCUS...LOW DUAL MEET INVOLVEMENT
- MATURITY OF RUNNERS
 - 6 SENIORS/1 JUNIOR
 - HIGH VOLUME OF QUALITY WORK
- EXPECTED LONG SEASON
 - 3 CONSECUTIVE TRIPS TO NXN
 - EXPECTED A 4TH = 4 PLANNED WEEKENDS OFF
- PACK MAKE UP 1 – 1 – 3 – 2 PACK



APRIL 27, 2018
CRONIN FIELD – JESUIT HIGH SCHOOL
WWW.TWILIGHT-RELAYS.COM

**COACHING
HIGH SCHOOL
DISTANCE RUNNERS
BALANCING ART & SCIENCE
PART 2 : TRACK SEASON
(WINTER/SPRING)**



**TOM ROTHENBERGER
Jesuit High School**

PRE SEASON

WINTER TRAINING

2017

NXN National Qualifier

**2004* 2005 2007 *2008* 2009 2010 20??*

*State
XC
Champions*

1996

1998

1999

2000

2002

2003

2004

2005

2006

2007

2008

2009

2010

2016

***JESUIT
TRACK
&
CROSS COUNTRY***



DISTANCE RUNNER

***WINTER
TRAINING
SCHEDULES***

*Metro
XC
Champions*

1975

1976

1978

1980

1983

1990

1994

1995

1996

1997

1998

1999

2000

2001

2002

2003

2004

2005

2006

2007

2008

2009

2010

2011

2012

2015

2016

***FORMULA FOR SUCCESS
CONSISTENCY, PROGRESSION, HARD WORK
CHAMPIONS ARE MADE IN THE OFF SEASON***

JESUIT DISTANCE RUNNERS - WINTER TRAINING RUNS

2016-2017

(Jesuit = 3:00 pm or sooner – as soon as you get organized with a group)

(THPRD/Wash Park = 3:15 pm). (Sat runs = 9:00 am.)

(All Christmas break runs = 9 am)

DATE	LOCATON	DATE	LOCATON
MON 11/28	JESUIT	MON 1/31	JESUIT
WED 11/30	JESUIT/RALEIGH PARK	WED 2/1	JESUIT/RALEIGH PARK
SAT 12/3	NXN/FOOTLOCKER/OYO	SAT 2/4	LEIF & GERMANTOWN
			(UW HS Invite/Boise Indoor)
MON 12/5	JESUIT	MON 2/6	JESUIT
WED 12/7	THPRD	WED 2/8	JESUIT/HOMEWOOD DR
SAT 12/10	NATURE PARK	SAT 2/11	NATURE PARK
MON 12/12	JESUIT	MON 2/13	JESUIT (9 am – No school)
WED 12/14	JESUIT/RALEIGH PARK	WED 2/15	JESUIT/RALEIGH PARK
SAT 12/17	THPRD	SAT 2/18	THPRD
MON 12/19	JESUIT (9 am-Pittock)	MON 2/20	JESUIT
WED 12/21	NATURE PARK	WED 2/22	WASH PARK or THPRD
SAT 12/24	LEIF & GERMANTOWN	SAT 2/25	NATURE PARK
MON 12/26	JESUIT		
WED 12/28	THPRD (9 am)	MON 2/27	OUTDOOR TRACK STARTS
SAT 12/31	NATURE PARK		
MON 1/2	JESUIT		
WED 1/4	JESUIT/RALEIGH PARK		
SAT 1/7	THPRD		
		CORE.....	STRENGTH SESSIONS
MON 1/9	JESUIT	AFTERNOON	(Run 3-4, then Core)
WED 1/11	THPRD	TUESDAYS	4:00 – 4:45 PM
SAT 1/14	LEIF & GERMANTOWN	THURSDAYS	4:00 – 4:45 PM
MON 1/16	JESUIT (9 am-no school)		
WED 1/18	JESUIT/RALEIGH PARK		
SAT 1/21	NATURE PARK		
MON 1/23	JESUIT		
WED 1/25	JESUIT/HOMEWOOD DR		
SAT 1/28	THPRD		

JESUIT TRACK & CROSS COUNTRY
WINTER TRAINING PLAN

#1. DETERMINE YOUR MAXIMUM MILEAGE GOAL

Freshmen = 40 mpw

Sophomores = 50 mpw

Juniors = 60 mpw

Seniors = 70 mpw

Week 1: 40% Mileage (Fr-16 So-20 Jr-24 Sr-28)

Week 2: 50% Mileage (Fr-20 So-25 Jr-30 Sr-35)

Week 3: 60% Mileage (Fr-24 So-30 Jr-36 Sr-42)

Week 4: 70% Mileage (Fr-28 So-35 Jr-42 Sr-49)

Week 5: 80% Mileage (Fr-32 So-40 Jr-48 Sr-56)

Week 6: 90% Mileage (Fr-36 So-45 Jr-54 Sr-63)

Week 7: 90% Mileage (Fr-36 So-45 Jr-54 Sr-63)

Week 8: 95% Mileage (Fr-38 So-48 Jr-54 Sr-67)

Week 9: 100% Mileage (Fr-40 So-50 Jr-60 Sr-70)

Week 10: 100% Mileage (Fr-40 So-50 Jr-60 Sr-70)

Week 11: 100% Mileage (Fr-40 So-50 Jr-60 Sr-70)

Week 12: 90% Mileage (Fr-36 So-45 Jr-54 Sr-63)

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Daily %	15%	15%	20%	10%	15%	25%	0%
50 MPW	7.5	7.5	10	5	7.5	12.5	0

Calculating Mileage

- Boys = Assume 7min/mile.

Min	35	42	49	56	63	70	77	84	91
Miles	5	6	7	8	9	10	11	12	13

- Girls = 8min/mile

Min	40	48	56	64	72	80	88	96	104
Miles	5	6	7	8	9	10	11	12	13

2016

**JESUIT TRACK FIELD
OFF-SEASON TRAINING SCHEDULE
MIDDLE/LONG DISTANCE**

WEEK #	MON	TUES	WED	THUR	FRI	SAT	SUN
1	LSD (30 -50 MIN) WEIGHTS Sit/Push Ups	LSD (30 -50 MIN) Sit/Push Ups	LSD (30 -50 MIN) WEIGHTS Sit/Push Ups	LSD 30-40 min 10 X 100 Sit/Push Ups	LSD (40-60 min) Sit/Push Ups		
2	LSD (45 -60 MIN) WEIGHTS Sit/Push Ups	LSD (30 -50 MIN) Sit/Push Ups	LSD (45 -60 MIN) WEIGHTS Sit/Push Ups	LSD 30-45 min 10 X 100 Sit/Push Ups	LSD (45 -60 MIN) Sit/Push Ups	LSD (60 MIN)	
3	LSD (60 min) WEIGHTS Sit/Push Ups	LSD 35 MIN 5 X 200 LSD 15 MIN Sit/Push Ups	LSD (60 min) WEIGHTS DD Sit/Push Ups	LSD 30-45 min 12 X 100 Sit/Push Ups	LSD (60 min) WEIGHTS Sit/Push Ups	LSD (65 MIN)	
4	LSD (60 min) WEIGHTS DD Weights Sit/Push Ups	LSD 35 MIN 6 x 150 LSD 15 MIN Sit/Push Ups	LSD (Hilly) (60 min) or Fartlek (1,2,3,4,3,2,1) DD/Weights Sit/Push Ups	LSD 40-50 min 14 X 100 Sit/Push Ups	LSD (60 min) Weights Sit/Push Ups	LSD (70 MIN)	
5	AT Threshold (3-6 X MILE) 300,200,100 DD/Weights Sit/Push Ups	LSD 40 MIN 6 X 200 LSD 15 MIN Sit/Push Ups	LSD (Hilly) (60 min) or Fartlek (on Hills) (Up-Hard, Down- easy, Flat-Tempo) DD/Weights Sit/Push Ups	LSD 40-55 min 16 X 100 Sit/Push Ups	LSD (60 min) Weights DD Sit/Push Ups	LSD (75-80 MIN)	
6	AT Threshold (2-3 X 2 Mile) 300,200,100 Weights DD Sit/Push Ups	LSD 40 MIN 6 x 150 LSD 15 MIN Sit/Push Ups	LSD (Hilly) (60 min) or Fartlek (on Hills) (Up-Hard, Down- easy, Flat-Tempo) DD/Weights Sit/Push Ups	LSD 40-60 min 16 X 100 Sit/Push Ups	LSD (40 min) Weights DD Sit/Push Ups	LSD (75 - 90 min) or INDOOR MEET	30 min or LSD (70 - 80 min)
7	** Tempo Run (3-6 miles) 300,200,100 (5k pace) DD/Weights Sit/Push Ups	LSD 45 MIN 7 X 200 LSD 15 MIN Sit/Push Ups	Hilly Fartlek (60 min) (Up-Hard) (Down - Easy) (Flat -Tempo) DD/Weights Sit/Push Ups	LSD 40-60 min 16 X 100 Sit/Push Ups	LSD (45 min) Weights DD Sit/Push Ups	LSD (75-95 min) or INDOOR MEET	30 min or LSD (75-85 min)
Type of Strides (Purpose)		Effort		Reps		Rest	
Stroke Volume		100's	Effort - 800pace	8--20	jog- not to exceed 50 meters		
Neuromuscular		100's	Effort - 400pace	6--10	Jog 100		
Progression (shift gears)		150-200	faster each 50	4--10	Jog 200-300		

**JESUIT TRACK FIELD
OFF-SEASON TRAINING SCHEDULE
MIDDLE/LONG DISTANCE**

WEEK #	MON	TUES	WED	THUR	FRI	SAT	SUN
8	AT Threshold (3-6 X MILE) 300,200,100	LSD 45 MIN 6 x 150 LSD 15 MIN	Hilly Fartlek (60 min)	LSD 40-60 min 18 X 100	LSD (30-40 min)	LSD (80-100 min) or INDOOR MEET	REST or LSD (75-85 min)
	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	
9	AT Threshold (2-3 X 2 Mile) 800 (5k pace)	LSD 45 MIN 8 X 200 LSD 15 MIN	Hilly Fartlek (60 min)	LSD 40-60 min 20 X 100	LSD (30-40 min)	LSD (80-90min) or INDOOR MEET	30 min or LSD (75-90min)
	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	
10	Tempo Run (3-6 miles) 300,200,100	LSD 45 MIN 8 x 150 LSD 15 MIN	Hilly Fartlek (60 min)	LSD 40-60 min 20 X 100	Track Repeats (400-1000) Weights	LSD (80-100min) or INDOOR MEET	REST OR LSD (75-90min)
	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	
11	AT Threshold (3-6 X MILE) 300,200,100	LSD 45 MIN 10 X 200 LSD 15 MIN	Hill Repeats (5-7x2min)	LSD 40-60 min 20 X 100	Track Repeats (400-1000) Weights	LSD (80-90min) or INDOOR MEET	30 MIN OR LSD (75-90min)
	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	
12	AT Threshold (2-3 X 2 Mile) 300,200,100	LSD 45 MIN 8 x 150 LSD 15 MIN	Hill Repeats (5-7x2min)	LSD 40-60 min 20 X 100	Track Repeats (400-1000)	LSD (80-105 min) or INDOOR MEET	REST OR LSD (75-90min)
	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	
13	Tempo Run (3-6 miles) 300,200,100	LSD 45 MIN 10 X 200 LSD 15 MIN	Hill Repeats (7-9x2min)	LSD 40-60 min 20 X 100	Track Repeats (400-1000)	LSD (75-90min) or INDOOR MEET	30 MIN OR LSD (75-90min)
	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	
14	AT Threshold (5 x 1K) 300,200,100	LSD 45 MIN 8 x 150 LSD 15 MIN	Hill Repeats (8-10 x2min)	LSD 40-60 min 20 X 100	Track Repeats (400-1000)	LSD (75-90min) OR INDOOR MEET	REST OR LSD (75-90min)
	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	
15	AT Threshold (5 x 1K) 300,200,100	LSD 45 MIN 10 X 200 LSD 15 MIN	Hill Repeats (8-10 x2min)	LSD 40-60 min 20 X 100	Track Repeats (400-1000)	LSD (75-90min) or INDOOR MEET	30 MIN OR LSD (75-90min)
	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	DD/Weights Sit/Push Ups	Sit/Push Ups	
Type of Strides (Purpose)		Effort		Reps		Rest	
Stroke Volume		100's	Effort - 800pace	8--20	jog- not to exceed 50 meters		
Neuromuscular		100's	Effort - 400pace	6--10	Jog 100		
Progression (shift gears)		150-200	faster each 50	4--10	Jog 200-300		

REGULAR
SEASON
TRAINING

2017

@ 4 PM
SESSION

2016

JESUIT TRACK & FIELD DISTANCE RUNNERS WORKOUTS WEEK OF: 2/29/16 --- 3/7/16

GROUP A	GROUP B
<p><u>MONDAY</u></p> <p>PM – 45-60 min training run 6x100m accelerations core</p>	<p>PM – warm up run (15 min), stretch - abs (9 min) /push ups (25) - lsd (20-30 min) - strides (6-8 x 100 – finishes)</p>
<p><u>TUESDAY</u></p> <p>AM – 30 minoyo PM – 35-50 min training run Stretch/drills 8x100m strides Core + Strength</p>	<p>PM – warm up run (15 min), stretch, drills - abs (9 min) /push ups (25) - lsd (20-30 min) - strides (3-4 x 200 – finishes)</p>
<p><u>WEDNESDAY</u></p> <p>AM – 6:10..... core/strength PM – Warm up routine 2.5 mile tempo run 3xmile @ Threshold Cool down</p>	<p>PM– warm up run (only 10 min), stretch, drills - jog to old scholls ferry - high knee hill repeats (1 min each) - hill repeats (x 8-12) - warm down 15 min -abs/core (9 min)</p>
<p><u>THURSDAY</u></p> <p>AM- 30 min shake out runoyo (locker room will be avail) PM- 45 min training run Stretching + drills Core + Strength</p>	<p>PM – warm up run (15 min), stretch - abs (9 min) /push ups (25) - LSD (20-30 min) - strides (6 x 100 – start of 1500)</p>
<p><u>FRIDAY</u></p> <p>AM – 6:10 am - Core + Strength PM - 35-50 min training run Stretch/drills 6x150m strides</p>	<p>PM– warm up run (only 10 min), stretch, drills - jog to old scholls ferry - high knee hill repeats (1 min each) - hill repeats (x 8-12) - warm down 15 min -abs/core (9 min)</p>
<p><u>SATURDAY</u> 9:00 AM - @ JESUIT Warm up routine Track Workout 1x400 5x800/200 Drill @ 3K Cool down</p>	<p>on your own LSD (45 – 70 min)</p>
<p><u>SUNDAY</u></p> <p>Rest Day or 20-30 min @ massage pace.</p>	<p>REST DAY</p>
<p>Long run will be early next week. (Monday or Tuesday)</p>	

JESUIT TRACK & FIELD DISTANCE RUNNERS WORKOUTS WEEK OF: 3/7/15 - 3/13/16

GROUP 1	GROUP 2
<p><u>MONDAY</u> AM – 6:10 AM - STRENGTH + CORE+ABS</p> <p>PM – 2:59 Team Meeting - 45-60 Min Training Run + Dynamic Stretching + Drills - 8 x 100 accelerations in spikes</p>	<p>NO AM</p> <p>PM – WARM UP RUN (15 MIN), STRETCH, DRILLS - TRACK REPEATS 4 X 400 @ 1500 Date Pace w/ 1:45 rest jog 4 x 200 @ 1500 Date Pace w/ 60 sec rest jog Start 400's at 1500 Start line Start 200's at 3000 Start line - COOL DOWN (10 – 15 MIN)</p>
<p><u>TUESDAY</u></p> <p>PM – Core + Abs 70 – 90 Min Long Run (90 = 20 comfortable/20 tempo/10 comfortable/20 tempo/ 20 comfortable) (80 = 15 comfortable/20 tempo/10 comfortable/20 tempo/ 15 comfortable) (70 = 10 comfortable/20 tempo/10 comfortable/20 tempo/ 10 comfortable) Static Stretching</p>	<p>PM – WARM UP RUN (15 MIN), STRETCH - STRIDES (6 x 100 – starts/finishes) - CORE/ABS/PUSH UPS/PULL UPS - LSD (15 MIN)</p>
<p><u>WEDNESDAY</u> AM – 6 am - Shake Out Run (30 min) + strength + Core+Abs</p> <p>PM – 45 min Training ...pace based on how you feel. Dynamic Stretch + static stretching</p>	<p>PM – WARM UP RUN (15 MIN), STRETCH, DRILLS - A.T. REPEATS + DATE PACE REPEATS - Tempo Mile, jog 150, 3 x 200 (1500 DP) w/ 30 sec jog - Jog 2 laps - Tempo Mile, jog 150, 3 x 200 (1500 DP) w/ 30 sec jog - 10 MIN COOL DOWN</p>
<p><u>THURSDAY</u> PM - Core + Abs - 40 – 60 min Training Run Dynamic Stretch + Drills 1600 m Fartlek (300 @ 3k pace, 100 @ training pace , repeat)</p>	<p>PM – WARM UP RUN (15 MIN), STRETCH - STRIDES (10 x 100 – 4 starts/4 finishes) - CORE/ABS/PUSH UPS/PULL UPS - LSD (15 MIN)</p>
<p><u>FRIDAY</u> (6 am if girls BX plays at 1:30 pm)</p> <p>PM – Warm Up Run 15-20 min, Dynamic Stretch, Drills 8 x 300 @ 1500m pace with 2.5 min rest jog Cool Down Run 15-20 min</p>	<p>ON YOUR OWN OR WITH THE GROUP</p> <p>LSD (40 – 75 MIN)</p>
<p><u>SATURDAY</u> 9 AM - @ THPRD</p> <p>Training Run (50 – 70 min)</p>	<p>ON YOUR OWN OR WITH THE GROUP</p> <p>LSD (40 – 75 MIN)</p>
<p><u>SUNDAY</u></p> <p>Easy Massage Run – 20-30 min</p>	

JESUIT TRACK & FIELD DISTANCE RUNNERS WORKOUTS WEEK OF: 3/14/16 --- 3/20/16

GROUP A	GROUP B
<p><u>MONDAY</u></p> <p>AM – 6 am - Shake Out Run (30 min) + strength + Core +Abs</p> <p>PM – Warm Up Run (15 MIN), Stretch & Drills 4-5x1K @ Tempo 2x300 or 2x400 or 1x800 - Cool Down (15min)</p>	<p><u>MONDAY</u></p> <p>NO AM WORKOUT</p> <p>PM – Warm Up Run (15 min), Stretch & Drills 3-4x1K @ Tempo 2x300 or 2x400 or 1x800 @ Date Pace - Cool Down (15min)</p>
<p><u>TUESDAY</u></p> <p>PM – 35-50 min training run Stretch 6x100m strides (spike up) – 3 starts/3 finishes</p>	<p>PM – 35-50 min training run Stretch 6x100m strides (spike up) – 3 starts/3 finishes</p>
<p><u>WEDNESDAY</u></p> <p>PM – MEET VS. WESTVIEW 2:50 TEAM MEETING (ACT. ROOM) 3:00 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p> <p>Scenario #1 : 1500/3K Scenario #2 : 1500/800/4x400 Scenario #3 : 800/4x400 + Workout (See Coach) Scenario #4 : 3K + Workout (See Coach) Scenario#5 : 1500/4x400 + Workout (See Coach)</p>	<p><u>WEDNESDAY</u></p> <p>PM – MEET VS. WESTVIEW 2:50 TEAM MEETING (ACT. ROOM) 3:00 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p>
<p><u>THURSDAY</u></p> <p>AM- OYO - 30 min shakeout run</p> <p>PM- 45 min training run Stretch</p>	<p>PM- Warm Up Run (15 min), Stretch & Drills 35 min training run Stretch + 6 x 100</p>
<p><u>FRIDAY</u></p> <p>AM – 6 AM 45 – 60 min run with 20 min of</p> <p>“OREGON DRILL” in the middle (5K, 3K, 1500)</p> <p>PM - Strength Workout + Core</p>	<p>PM – A.T. REPS 2 X 1 Mile @ AT Pace w/ 45 sec rest JOG 1 LAP</p> <p>15 min of “OREGON DRILL” (5K, 3K, 1500)</p> <p>COOL DOWN (15 MIN)</p>
<p><u>SATURDAY</u></p> <p>9 AM - @ Nature Park or on your own 60-90 min training run 1st 30-45 min @ comfortable 2nd 30-45 @ progressive tempo</p>	<p>On your own LSD (50 – 75 MIN)</p>
<p><u>SUNDAY</u></p> <p>EASY RUN OR REST</p>	<p>EASY RUN OR REST</p>

JESUIT TRACK & FIELD DISTANCE RUNNERS WORKOUTS WEEK OF: 3/16/15 --- 3/22/15

GROUP A	GROUP B
<p><u>MONDAY</u></p> <p>AM – EASY RUN (30 – 40 MIN) + WEIGHTS+ABS</p> <p>PM – WARM UP RUN (15 MIN), STRETCH, DRILLS (in spikes)</p> <ul style="list-style-type: none"> - 4 x 400M @ 3000 Date pace, rest 100m jog - jog 1 lap - 3 x 200M @ 1500 Date Pace with 100m jog <p>- COOL DOWN (15 MIN)</p>	<p><u>MONDAY</u></p> <p>NO AM WORKOUT</p> <p>PM – WARM UP RUN (15 MIN), STRETCH</p> <ul style="list-style-type: none"> - CORE/ABS/PUSH UPS - LSD (30 MIN) - STRIDES (4 X 100 800 START, 4 X 100 1500 START)
<p><u>TUESDAY</u></p> <p>PM – WARM UP RUN (15 MIN), STRETCH</p> <ul style="list-style-type: none"> - CORE/ABS/PUSH UPS - LSD (30 MIN) - STRIDES (4 X 100 800 START, 4 X 100 3000 START) 	<p>PM – GREEN-N-GOLD MEET</p> <p>2:50 TEAM MEETING (ACT. ROOM)</p> <p>3:00 TEAM LAP</p> <p>4:00 FIELD EVENTS START</p> <p>4:00 RUNNING EVENTS START</p>
<p><u>WEDNESDAY</u></p> <p>PM – CATHOLIC PREVIEW MEET</p> <p>2:50 TEAM MEETING (ACT. ROOM)</p> <p>3:00 TEAM LAP</p> <p>4:00 FIELD EVENTS START</p> <p>4:00 RUNNING EVENTS START</p>	<p><u>WEDNESDAY</u></p> <p>START AT 2:45 PM</p> <p>PM – WARM UP RUN (15 MIN), STRETCH</p> <ul style="list-style-type: none"> - CORE/ABS/PUSH UPS - LSD (30 MIN) - STRIDES (8 X 100 – diagonals)
<p><u>THURSDAY</u></p> <p>PM – WARM UP RUN (15 MIN), STRETCH</p> <ul style="list-style-type: none"> - CORE/ABS/PUSH UPS - LSD (30 MIN) - STRIDES (4 X 150 W/ 50M JOG) 	<p>PM – WARM UP RUN (15 MIN), STRETCH, DRILLS (in spikes)</p> <ul style="list-style-type: none"> - 4 x 400M @ 3000 Date pace, rest 100m jog - jog 1 lap - 3 x 200M @ 1500 Date Pace with 100m jog <p>- COOL DOWN (10 – 15 MIN)</p>
<p><u>FRIDAY</u></p> <p>AM – 6 AM</p> <p>A.T. REPS</p> <p>3 X 1 MILE @ AT PACE W/ 45 SEC REST</p> <p>JOG 1 LAP</p> <p>20 MIN OF “OREGON DRILL”</p> <p>(5K, 3K, 1500)</p> <p>COOL DOWN (15 MIN)</p> <p>PM EASY RUN (30 MIN)+ WTS</p>	<p>PM – A.T. REPS</p> <p>2 X 1 MILE @ AT PACE W/ 45 SEC REST</p> <p>JOG 1 LAP</p> <p>15 MIN OF “OREGON DRILL”</p> <p>(5K, 3K, 1500)</p> <p>COOL DOWN (15 MIN)</p>
<p><u>SATURDAY</u></p> <p>9 AM - @ Nature Park or on your own</p> <p>LSD (80 – 90 MIN)</p>	<p>ON YOUR OWN LSD (50 – 75 MIN)</p>
<p><u>SUNDAY</u></p> <p>EASY RUN OR REST</p>	<p>EASY RUN OR REST</p>

**GROUP A DISTANCE RUNNERS
SPRING BREAK WORKOUTS**

3/21 – 3/27

Monday:

60 min training run // 8x100m accelerations

Tuesday:

Warm Up Routine

3x300/200/100 @ 800m Pace (Recovery Jog=Next Rep)

1 Lap Jog Recovery Between Sets

Cool Down (15 min)

Wednesday:

AM- 30 min shakeout run

PM- 45 min training run (by feel)

Thursday:

40-50 min training run (by feel)

8x100m strides

Friday:

Warm Up Routine

2-Mile Tempo Run (1 Lap Jog Recovery)

3xMile @ Cruising Pace (Slightly Faster Than Threshold)

(90 seconds rest between reps)

Saturday:

60-90 min training run // 8x100m accelerations

JESUIT TRACK & FIELD DISTANCE RUNNERS WORKOUTS WEEK OF: 3/28/16 --- 4/3/16

GROUP A	GROUP B
<p><u>MONDAY</u></p> <p>PM – 65-85 min Progressive Training Run (Last 3 miles on track @ Tempo pace w/ 30 sec rest) 6 x 100 accelerations</p>	<p><u>MONDAY</u></p>
<p><u>TUESDAY</u></p> <p>PM – 35-50 min shake out run Stretch 8 x100m strides – 3 starts/3 finishes Strength workout</p>	<p>PM – 35-50 min training run Stretch 6x100m strides (spike up) – 3 starts/3 finishes</p>
<p><u>WEDNESDAY</u></p> <p>PM – MEET @ SOUTHRIDE 2:50 BUS DEPARTS 3:15 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p>	<p><u>WEDNESDAY</u></p> <p>PM – MEET @ SOUTHRIDE 2:50 BUS DEPARTS 3:15 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p>
<p><u>THURSDAY</u></p> <p>AM- OYO - 30 min shakeout run</p> <p>PM- 45 min training run Stretch</p>	<p>PM- Warm Up Run (15 min), Stretch & Drills 35 min training run Stretch + 6 x 100 Strength Workout</p>
<p><u>FRIDAY</u></p> <p>AM – 6:15 AM Strength Workout + Core</p> <p>PM - 60 min training run – upbeat pace/quality run</p>	<p>PM – Warm Up Run (15 min), Stretch & Drills 3-4x1K @ Tempo 2x300 or 2x400 or 1x800 @ Date Pace (800/1500/3k) - Cool Down (15min)</p>
<p><u>SATURDAY</u></p> <p>Track Workout- be warmed up and ready to start Repeats at 9 am.</p> <p>800 runners = 10-12 x 200 + set of 150's @ 400 pace 1500 runners = 5 – 6 x 600 + set of 200's @ 800 pace 3000 runners = 3 – 4 x 1000 + set of 200's @ 800 pace</p>	<p>On your own LSD (50 – 75 MIN)</p>
<p><u>SUNDAY</u></p> <p>EASY RUN OR REST</p>	<p>EASY RUN OR REST</p>

JESUIT TRACK & FIELD DISTANCE RUNNERS WORKOUTS WEEK OF: 4/4/16 --- 4/10/16

GROUP A	GROUP B
<p><u>MONDAY</u></p> <p>PM – Warm up 15 min, stretch, drills, strides Lane 8 Lactate Threshold Run (20 min) Cool Down – 15 min</p>	<p><u>MONDAY</u></p> <p>No school</p>
<p><u>TUESDAY</u></p> <p>PM – 35 min shake out run Stretch 800 – 2 x 100 at date pace 1500 – 2 x 200 at date pace 3000 – 2 x 300 @ date pace Strength workout</p>	<p><u>TUESDAY</u></p> <p>PM - WARM UP RUN (15 MIN), STRETCH, DRILLS, STRIDES (IN SPIKES) - 2 X 1000M @ AT PACE WITH 30 SEC REST - 6 X 100 M @ 1500M PACE WITH 100M JOG REST COOL DOWN 15 MIN</p>
<p><u>WEDNESDAY</u></p> <p>PM – MEET VS. CENTURY 2:50 TEAM MEETING (ACT. ROOM) 3:00 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p>	<p><u>WEDNESDAY</u></p> <p>PM – MEET VS. CENTURY 2:50 TEAM MEETING (ACT. ROOM) 3:00 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p>
<p><u>THURSDAY</u></p> <p>PM- 60-90 min long run (conversational pace) Stretch Strength workout</p>	<p>PM – WARM UP RUN (15 MIN), STRETCH - ABS/PUSH UPS - LSD (20-30 MIN) - STRIDES (6 X 100)</p>
<p><u>FRIDAY</u></p> <p>AM – OYO – 20-30 min shake out run PM - 40-55 min training run (comfortable)</p>	<p><u>FRIDAY</u></p> <p>WARM UP RUN (15 MIN), STRETCH, DRILLS, STRIDES (IN SPIKES) - INTERVALS (200 REPEATS W/IN .5 OF TIME) Boys = 36-35-34-33-32-31-32-33-34-35-36 - COOL DOWN (15 MIN)</p>
<p><u>SATURDAY</u></p> <p>Start Warm up at 9 am</p> <p>Track Workout-</p> <p>Warm up 20 min</p> <p>1 x 500 @ 800m Goal Pace 7 min recovery jog 12 x 200 @ Date Pace (Frank Shorter 200's) 7 min recovery jog 1 x 500 @ 800 Goal Pace</p> <p>Cool down – 20 min</p>	<p>ON YOUR OWN OR WITH THE GROUP LSD (50 – 75 MIN)</p>
<p><u>SUNDAY</u></p> <p>EASY RUN OR REST</p>	<p>EASY RUN OR REST</p>

JESUIT TRACK & FIELD DISTANCE RUNNERS WORKOUTS WEEK OF: 4/11/16 --- 4/17/16

GROUP A	GROUP B
<p><u>MONDAY</u></p> <p>AM – 30 min run + Strength & Core</p> <p>PM - 15 min warm up run Dynamic Stretching Routine (Including Drills/Strides) Threshold Workout: 6x800 w/ :30 rest [Keep rest short] 15 min cool down (plus static stretching)</p>	<p><u>MONDAY</u></p> <p>PM - 15 min warm up run Dynamic Stretching Routine (Including Drills/Strides) Threshold Workout: 5 x 800 w/ :30 rest 15 min cool down</p>
<p><u>TUESDAY</u></p> <p>PM – 35 min shake out run Stretch 800 – 2 x 200 at date pace 1500 – 2 x 300 at date pace 3000 – 2 x 400 @ date pace</p>	<p><u>TUESDAY</u></p> <p>PM – 35 min shake out run Stretch - 6 X 100 M @ 1500M PACE WITH 100M JOG REST</p> <p>COOL DOWN 15 MIN</p>
<p><u>WEDNESDAY</u></p> <p>PM – MEET @ GLENCOE 2:50 BUS DEPARTURE 3:30 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p>	<p><u>WEDNESDAY</u></p> <p>PM – MEET @ GLENCOE 2:50 BUS DEPARTURE 3:30 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p>
<p><u>THURSDAY</u></p> <ul style="list-style-type: none"> • Scenario #1 (Race on Fri) 30 min shakeout run + strides • Scenario #2 (Race on Sat) 60 min recovery run + strides • Scenario #3 (No Race) 45 min recovery run + strides 	<p>PM – WARM UP RUN (15 MIN), STRETCH - ABS/PUSH UPS - 10-16 x 200 @ 800 pace with 200 jog - Cool Down 15 min</p>
<p><u>FRIDAY</u></p> <ul style="list-style-type: none"> • Scenario #1 Oregon Relays (Meet Day) • Scenario #2 (Race on Sat) 30 min shakeout run + accels • Scenario #3 (No Race) Hard Workout Day - TBA 	<p><u>FRIDAY</u></p> <p>On your own</p> <p>WARM UP RUN (15 MIN), STRETCH, DRILLS, STRIDES (IN SPIKES) 45 min steady run</p>
<p><u>SATURDAY</u></p> <ul style="list-style-type: none"> • Scenario #1 (Race on Fri) 60 min recovery run + strides • Scenario #2 Oregon Relays (Meet Day) • Scenario #3 (No Race) 70-90 min long run (upbeat) 	<p>ON YOUR OWN OR WITH THE GROUP LSD (50 – 75 MIN)</p>
<p><u>SUNDAY</u> EASY RUN OR REST</p>	<p>EASY RUN OR REST</p>

JESUIT TRACK & FIELD DISTANCE RUNNERS WORKOUTS WEEK OF: 4/18/16 --- 4/24/16

GROUP A	GROUP B
<p><u>MONDAY</u></p> <p>AM – 30 min run + Strength & Core</p> <p>PM – Oregon Relays = 50-60 min training run Other – Warm up- 15 min, 4 x 1k at AT pace , Cool down 15 min</p>	<p><u>MONDAY</u></p> <p>PM - 15 min warm up run Dynamic Stretching Routine (Including Drills/Strides) Threshold Workout: 5 x 1000 w/ :30 rest 15 min cool down</p>
<p><u>TUESDAY</u></p> <p>PM – 30 min shake out run Stretch 300-200-100 @ 800 GP stretch</p>	<p><u>TUESDAY</u></p> <p>PM – 35 min shake out run Stretch - 6 X 100 M @ 1500M PACE WITH 100M JOG REST</p> <p>COOL DOWN 15 MIN</p>
<p><u>WEDNESDAY</u></p> <p>PM– MEET @ BEAVERTON 2:50 BUS DEPARTURE 3:30 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p>	<p><u>WEDNESDAY</u></p> <p>PM– MEET @ BEAVERTON 2:50 BUS DEPARTURE 3:30 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p>
<p><u>THURSDAY</u></p> <p>AM – 10 min walk, stretch – oyo</p> <p>PM- 60-75 min Long run..comfortable</p>	<p>PM – WARM UP RUN (15 MIN), STRETCH - ABS/PUSH UPS - 7-9 x 300 @ 800 pace with 200 jog - Cool Down 15 min</p>
<p><u>FRIDAY</u></p> <p>AM – 30 min run + Strength & Core PM- 45 min training run comfortable + 6 x 100 strides</p>	<p><u>FRIDAY</u></p> <p>On your own</p> <p>WARM UP RUN (15 MIN), STRETCH, DRILLS, STRIDES (IN SPIKES) 45 min steady run</p>
<p><u>SATURDAY</u></p> <p>*****important Track Workout*****</p> <p>BE ON TIME. WE WILL START WARM UP PROMPTLY AT 8:30 AM.</p> <p>WORKOUT TBA</p>	<p>ON YOUR OWN OR WITH THE GROUP LSD (50 – 75 MIN)</p>
<p><u>SUNDAY</u></p> <p>EASY RUN OR REST</p>	<p>EASY RUN OR REST</p>

JESUIT TRACK & FIELD DISTANCE RUNNERS WORKOUTS WEEK OF: 4/25/16 --- 5/1/16

GROUP A

GROUP B

<p><u>MONDAY</u></p> <p>AM – 6 am - Shake Out Run (30 min) + strength + Core +Abs</p> <p>PM – 30 – 40 min training run = 3 x 200 @ 1500 pace</p>	<p><u>MONDAY</u></p> <p>NO AM WORKOUT</p> <p>PM – Warm Up Run (15 min), Stretch & Drills 3-4x1K @ Tempo 2x300 or 2x400 or 1x800 @ Date Pace - Cool Down (15min)</p>
<p><u>TUESDAY</u></p> <p>PM – 30 min shake out run + 6 x 100 accelerations</p> <ul style="list-style-type: none"> - Dynamic stretchin/sprint drills before accel. - Stretch after workout + core 	<p>PM – 25-30 min training run</p> <p>Stretch</p> <p>6x100m strides (spike up) – 3 starts/3 finishes</p>
<p><u>WEDNESDAY</u></p> <p>PM – MEET VS. WESTVIEW</p> <p>2:50 TEAM MEETING (ACT. ROOM)</p> <p>3:00 TEAM LAP</p> <p>4:15 FIELD EVENTS START</p> <p>4:30 RUNNING EVENTS START</p>	<p><u>WEDNESDAY</u></p> <p>PM – MEET VS. WESTVIEW</p> <p>2:50 TEAM MEETING (ACT. ROOM)</p> <p>3:00 TEAM LAP</p> <p>4:15 FIELD EVENTS START</p> <p>4:30 RUNNING EVENTS START</p>
<p><u>THURSDAY</u></p> <p>PM- 15 - 30 min recovery run + STATIC STRETCH</p>	<p>PM- – A.T. REPS</p> <p>2 X 1 Mile @ AT Pace w/ 45 sec rest</p> <p> JOG 1 LAP</p> <p>15 min of “OREGON DRILL”</p> <p> (5K, 3K, 1500)</p>
<p><u>FRIDAY</u></p> <p>AM - 6 am track workout for non Twilight Relays runners</p> <p>PM - Twilight Relays</p>	<p>PM – TWILIGHT RELAYS VOLUNTEER DAY</p>
<p><u>SATURDAY</u></p> <p>9 AM - @ Nature Park or on your own</p> <p>60-90 min run...MASSAGE PACE</p>	<p>On your own LSD (50 – 75 MIN)</p>
<p><u>SUNDAY</u></p> <p>EASY RUN OR REST</p>	<p>EASY RUN OR REST</p>

JESUIT TRACK & FIELD DISTANCE RUNNERS WORKOUTS WEEK OF: 5/2/16 --- 5/8/16

GROUP A	GROUP B
<p><u>MONDAY</u></p> <p>JV District Meet Runners: Race Simulation (800 or 1500) Varsity District Meet Runners:</p> <ul style="list-style-type: none"> - 15 min warm up run +dynamic stretch/drills/strides - 20 min tempo run + 300/200/100 drill - 15 min cool down jog + static stretch 	<p><u>MONDAY</u></p> <p>NO AM WORKOUT</p> <p>PM – Race Simulaiton</p> <ul style="list-style-type: none"> - 800 = 1 x 600 GP – jog 100, sprint 100 - 1500 = 1 x 800, jog 100, 1 x 600 (@goal pace) <p>6-8 x 100 float sprints</p>
<p><u>TUESDAY</u></p> <p>PM</p> <ul style="list-style-type: none"> - 30 min shakeout run + 6x100m accelerations - Dynamic Stretch/Sprint Drills before 100m accelerations - Static Stretch after workout. 	<p>PM – 25-30 min training run</p> <p>Stretch</p> <p>6x100m strides (spike up) – 3 starts/3 finishes</p>
<p><u>WEDNESDAY</u></p> <p>PM – MEET VS. ALOHA 2:50 TEAM MEETING (ACT. ROOM) 3:00 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p>	<p><u>WEDNESDAY</u></p> <p>PM – MEET VS. SUNSET 2:50 TEAM MEETING (ACT. ROOM) 3:00 TEAM LAP 4:15 FIELD EVENTS START 4:30 RUNNING EVENTS START</p>
<p><u>THURSDAY</u></p> <p>PM</p> <p>JV District Meet Runners:</p> <ul style="list-style-type: none"> - 20 minute easy jog + 4x150m strides <p>Varsity District Meet Runners:</p> <ul style="list-style-type: none"> - 30-40 min recovery run + 4x150m strides - Static Stretch after workout. 	<p>REMINDER JV UNIFORM RETURN WILL BE ON MONDAY 5/9/16 – 2:30 IN KNIGHT LOBBY</p>
<p><u>FRIDAY</u></p> <p>PM - Warm Up run</p> <ul style="list-style-type: none"> - Race simulation/Hard workout TBA - Cool Down <p>JV DISTRICT MEET 4 PM AT SUNSET</p>	
<p><u>SATURDAY</u></p> <p>9 AM - @ Nature Park 60 min run.....GENTLE PACE</p>	
<p><u>SUNDAY</u></p> <p>EASY RUN OR REST</p>	<p>EASY RUN OR REST</p>

RUNNERS SHOULD HAVE SPIKES AVAILABLE EVERY DAY FOR PRACTICE THE REST OF THE SEASON.

Monday:

- 30-40 min easy training run + 4x100m accelerations
- Dynamic stretch/sprint drills before 100m accelerations
- Static stretch after workout.

Tuesday:

- 15 min warm up run + dynamic stretch/drills/strides
 - 800 Group: 400/200/100 @ 62-63/30-31.5/14.0-15.0
 - 1500/3K Group:
10 min light tempo + 600/400/200 @ 3K/1500/800 Pace
- 15 min cool down + static stretch

Wednesday:

- 30 min easy training run + 4x150m strides
- Dynamic stretch/ Sprint drills before 150's
- Static stretch after workout.

Thursday:

- 20-30 min shakeout run + dynamic stretch + strides + static stretch
- Pre-Race Meeting + Bib Number/Jersey

Friday:

- State Meet @ Hayward Field
 - Josh Schumacher: 3K @ 10:41 AM
 - Libby Rinck & Makenna Schumacher: 3K @ 10:00 AM
 - Hallie Devore & Chloe Jensen: 800 @ 1:26/1:30 PM (Prelims)

Saturday:

- State Meet @ Hayward Field
 - Josh Schumacher: 1500 @ 1:53 PM
 - Makenna Schumacher: 1500 @ 1:32 PM
 - Hallie Devore & Chloe Jensen: 800 @ 3:34 PM (Final)

Sunday:

- Rest Day

CONSIDERATIONS WHEN PLANNING A TRACK SEASON..... “THE ART”

- **AGE OF YOUR RUNNER**
- **EXPERIENCE OF RUNNER (STATE, BIG INVITES)**
- **PRIOR SUCCESS OR SETBACKS**
- **PHYSICAL MATURITY OF RUNNERS**
- **RUNNERS PERSONALITY**
- **OFF SEASON PREPARATION**
- **WORK ETHIC OF RUNNER**
- **BENEFIT OF INDIVIDUAL APPROACH (INSTINCT/EXPERIENCE)**
- **USE OF THE TIME TRIAL (LYDIARD APPROACH)**
- **A LOOK AT 2 DIFFERENT STATE CHAMPIONS**
 - **MICHAEL GODBOUT**
 - **ANNAMARIE MAAG**

MICHAEL GODBOUT

- OREGON STATE 1500 METER CHAMPION - 2014
 - 3:52.72a
 - MARGIN OF VICTORY – 2 FULL SECONDS.
 - COURAGE TO LEAVE PACK AND RUN ALONE MID RACE CHASING A LEADER WHO WENT OUT FAST
 - HAD TO OVERCOME A BREAK DOWN PERFORMANCE DAY 1 OF STATE MEET IN 3000M
 - MENTAL STATE GOING INTO THE RACE
 - “WHICH JERSEY SHOULD I WEAR”
 - MENTAL STATE GOING INTO THE RACE
 - TIME TRIAL PREPARATION

MICHAEL GODBOUT

- **EXPERIENCE**
- **PRIOR SUCCESS OR SETBACKS**
- **PHYSICAL MATURITY**
- **PERSONALITY**
- **OFF SEASON PREPARATION**
- **WORK ETHIC OF RUNNER**
- **BENEFIT OF INDIVIDUAL APPROACH
(INSTINCT/EXPERIENCE)**
- **USE OF THE TIME TRIAL (LYDIARD APPROACH)**

ANNA MARIE MAAG

- OREGON STATE CHAMPION (6)
- 1500 METERS – 2009
- 1500 METERS – 2010
- 3000 METERS – 2009
- XC STATE CHAMPION 2008, 2009, 2010.

- OREGON STATE RUNNER UP
- 1500 METERS - 2010
- 1500 METERS – 2011
- 3000 METERS – 2011
- CHALLENGES @ STATE MEET

ANNA MARIE MAAG

- **EXPERIENCE**
- **PRIOR SUCCESS OR SETBACKS**
- **PHYSICAL MATURITY**
- **PERSONALITY**
- **OFF SEASON PREPARATION**
- **WORK ETHIC OF RUNNER**
- **BENEFIT OF INDIVIDUAL APPROACH
(INSTINCT/EXPERIENCE)**
- **USE OF THE TIME TRIAL (LYDIARD APPROACH)**

REMEMBER

PRIORITY

#1

RAPPORT