**Skyline Boys XC Workouts 2017**

**Phase 1 XC Prep**

**Monday Aug 21:**  **12 am Skyline HS** **Aerobic Training**

Runner Safety: Team Rules:

Warm up run ½ mile: Aerobic Run Group 1: 20 minutes Group 2 35 Min Group 3 55 min

Groups head down SE 8th Windsor Greens, Beaver Lake Park, Return Via Boardwalk

Oregon Drill 6 minutes

Core

**Tuesday Aug 22 10: am Beaver Lake Middle School** : Team Talk: **Lactate Threshold Tempo Run**

Warm Up….Dynamic Stretches :

Group 1: Aerobic Run 30 min

Group 2 : 10 minute warm up 7 minute tempo 45 sec recovery, 8 min tempo … 10 minute aerobic run

Group 3 10 min warm up….. 10 min Tempo 45 sec recovery 10 minute tempo….

3 x 100 3 x 150 speed work

**Wednesday Aug 23 10:00 am BLMS**: **Long Run Aerobic Training**

Warm Up …Dynamics

Goup1 25 min Group 2 45 min Group 3 1 hr 10

Core

**Thursday Aug 24 10 am SHS**  **VO2 max Intervals at Pine Lake Park** …6:30 am Link Crew

Warm Up: Dynamics

G1 2 x 1600 G 2 3 x 1600 G 3 4 x 1600

1 mile cool down

Core

**Friday 25 10:00 am BLMS** **aerobic run 2 pm Link Crew**

Warm up run

Dynamics Aerobic Run Group 1 30 min Group 2 40 min Group 3 1 hr

Oregon Drills 6 min

**Saturday Aug 26 Varsity Only**

**10:00 am Issaquah Community** Center Fratlek run! 1 hr

**Week 2**

**Monday Aug 28th: 10:00 am SHS Aerobic Strength** Hill Repeats Community Park

Warm Up…Dynamics

Oregon Drills

G1 set 10 min G 2 set 10 min G 3 set 10 min

2 mile cool down

Core

**Uniforms Hand out after Practice.**

**Aug 29: 3:00 pm BLMS Aerobic Run**

Warm Up/ Dynamics

 **1 mile Time Trial # 1**

G 1 25 min G2 45 min G 3 50 -60 min

Grass Sprints 3 x 30 3 x 60

Core

**Aug 30: 3:00 pm SHS** **Lactate Threshold**

Warm up/Dynamics

G1 3 x 1000 meters G2 4 x 1000 meters G 3 5 x 1000 meter

Cool down 1 mile

45 second break in between

**Aug 31 4 pm**  Beaver Lake Middle School **Long Run**

Warm up Dynamics

G1 30 min G 2 45 min G 3 1 hr 10 min

Core

**Sep 1 BLMS 10:00 am** **Speed Endurance** Warm Up/Dynamics

400 meters on XC course x 12 G3 71 sec on g2 8 x 400 80 sec on 6 x 400 90 sec on

Cool Down 1 mile

**Week 3**

**Sep 5th: BLMS 7:00 am** **: Aerobic Run**

Team Talk

G1 35 Min G2 45 min G 3 1 hr

Oregon Drills 7 min

**Sep 6th Lake Sammamish Park**  2 mile Jamboree..1st Day of School

**Sep 7th SHS** **Long Run**

Warm Up: Dyanmics

G1 35 min 50 min 1hr 15 min

Core

**Sep 8 SHS** **Aerobic Run**

Dynamics/ Warm up

Oregon Drills 8 min

G 1 25 min G2 35 min G3 50 min

**Sep 9 Bellarmine Invite**

**Week 4**

**Monday: Sep 11 SHS V02 Max Intervals Community Park**

Warm Up… Dynamics

Oregon Drill 8 min

2 x 1 mile 3 x 1 mile 4 x 1 mile ..

2 mile cool down

Core

**Tuesday: Sep 12 Aerobic Run Tiger Mountain Community Center**

Warm Ups

G1 35 min G 2 50 min G3 1 hr

Hill Sprints x 8

**Wednesday Sep 13 13 Meet at Bothel**

**Thursday Sep 14 Long Run Beaver Lake Park**

Warm Up /Dynamics

G1 40 min G2 60 min G3 1 hr 15 min

Oregon Drill 8 min

Core

**Friday Sep 15 Travel to San Diego**

**Sep 15 Mt Carmel Invite….**

**Week 5**

**Monday Sep 18 SHS Strength Run Hills**

Warm Up /Dynmamics

**Boys 1 mile TT # 2**

200 on 30 sec off x 12

**Tuesday Sep 19 ICC Aerobic Run**

**Warm Up 45 min G1 50 min G 2 1 hr G 3**

**8 Hill Sprints**

**Wednesday Sep 20th Meet at Ingelmoor**

**Thursday Sep 21 Beaver Lake Park Aerobic Run**

**G 1 35 min G 2 45 min G 3 55 min**

**Warm up**

**Oregon Driils**

**Friday Sep 22 Tempo Run Lactate Threshold Pine Lake Park**

Warm Ups /Dynamics

G1 3 x 1000 45 sec break in between G2 4-5 x 1000 G 3 6 x 1000

1 mile cool down

**Saturday Sep 24th Issaquah Community Center Varsity Only Long Run 1hr 20 min**

**Sep 26-30th Spartan Week!**

**You will find out workouts then!**

**Sep 30th Twilight Meet**

**Monday Oct 2: SHS Aerobic Run**

Warm Ups Dynamics:

G1 45 min g 2 55 min g3 1hr 5 min

Core

**Tuesday Oct 3: Home Meet at Klahanie Park**

**Wednesday Oct 4 SHS Aerobic Run**

Warm Ups Dynamics:

G1 45 min g 2 55 min g3 1hr 5 min

Oregon Drill 8 min

**Thursday Oct 5 Beaver Lake Park V02 Max Intervals**

**Warm Up/Dynamics**

**G 1 4 x 800 g 2 6 x 800 G 3 7 x 800**

**8 min Oregon Drill**

**Friday Oct 6**

**2 mile easy run!**

**Saturday… Oct 7 Hole in the Wall Invite**

**Monday Oct 9 Tempo Run Pine Lake Park**

**7 x 1000 5 x 1000 4 x 1000**

**Tuesday Oct 10 ICC Aerobic Run**

**Wed Oct 11 Meet at Klahanie Park**

**Thursday Oct 12 Aeobic Run Beaver Lake Park**

Oregon Drills 8 min

**Friday Oct 13 Speed Endurance**

10 x 400 8 x 400 6 x 100

2 x 200 2 x 100

**Monday Oct 16 Mile TT Boys # 3**

4 x 300 4 x 200 4 x 100 Hills

2 mile cool down

**Tuesday Oct 17 ICC Aerobic Run**

**Wednesday Oct 18 SHS**

2 x 1000 at Tempo

2 mile cool down

**Thursday Oct 19 Beaver Lake Park Aerobic Run**

**Friday : Oct 20 2 mile easy run**

**Saturday Oct 21 Kingco Championships**