Skyline XC 2017

Summer Conditioning Week 1 & 2

Day 1: Wednesday June 21st 9am

* 10 minute easy jog warm up
* Intro to drills- walk overs, walk high knees, skip high knees, arms & toes
* 30 minute easy run
* Core, toe raisers, push ups, lunges
* Summer Conditioning Goal Setting

Day 2: Thursday June 22nd (VDB is backpacking the Olympic Coast for the weekend!)

* Captain led- 10 minute easy jog warm up
* Drills: (down & back 50 meters) walk overs, skip high knees, arms & toes, hurdle walk
* 30 minute easy run
* 30 sit ups, 20 push ups, 2x20 single leg toe raisers (each side)

Day 3: Friday, June 23rd (No meeting as a team today)

* 20-30 minute easy run on your own OR cross training of some kind (hiking, swimming, elliptical, etc.)
* Take some time for YOU- Do something fun that you enjoy!
* Stay as active as you can and get outside this weekend.

Day 4: Monday, June 26th (Long run Monday!)

* 10 min easy jog warm up
* Drills: walk overs, skip high knees, walk push-push, arms & toes, hurdle walk
* Long run day- 40-60 minute run depending on your fitness level
* 4x 12 single leg squats, 30 sit ups, 20 push ups

Day 5: Tuesday June 27th

* 10 minute warm up & drills
* Recovery run- 2 x20 minutes easy w/ core & strength drills in between
* 2x50m lunges, 3x20 single leg toe raisers

Day 6: Wednesday June 28th (Workout Wednesday!)

* 10 minute easy jog warm up & drills- walk overs, walk high knees, skip high knees, fast leg slow leg
* Varsity- 4x 10 minute Xs & Os on field
* Transition- 3x10 min Xs & Os
* JV- 2-3x10 min Xs & Os
* 10 minute cool down & recovery drills- heel walks, lunges, bent knee Germans, hurdle walk
* 20 push ups, 30 sit ups, 2 x 30 toe raisers (single leg)

Day 7: Thursday June 29th

• 10 minute warm up & drills

• Recovery run- 2 x20 minutes easy w/ core & strength drills in between

• 2x50m lunges, 3x20 single leg toe raisers

* Discuss hike tomorrow & hiking safety

Day 8: Friday June 30th

* TEAM HIKE TO **OTTER FALLS IN NORTH BEND**! All parents & runners welcome to join! (9 mile hike)
* Meet at the Otter Falls Trail Head at 8:30 am: <http://www.wta.org/go-hiking/hikes/otter-falls-taylor-river>
* Bring a backpack with a first aid kit, a sweatshirt or light jacket in case you get cold, water, and a lunch/snacks for when we get to the lake!
* Driving Directions: From Seattle, drive east on I-90 to exit 34. Turn left onto 468th Street and follow it about 0.3 miles to the junction with the signed Middle Fork Snoqualmie Road. Turn right and head up the Middle Fork Snoqualmie Road. Where the road forks with the Lake Dorothy Road, stay left. Follow this road to a stop sign and turn left, back onto the Middle Fork Road. Stay on this road until you arrive at a junction with the Taylor River Road. Take the left fork onto the Taylor River Road and continue about half a mile to a parking area large enough for about six cars at its end. No facilities available. A self-service Northwest Forest Pass station is back down the road at the Middle Fork Trailhead.
* Your driver will need a [Northwest Forest Pass](http://www.wta.org/hiking-info/passes/passes-and-permit-info) (you can buy one for the day online for $5 or get one for $30 for the year)

Skyline XC 2017

Summer Conditioning Week 3

Skyline XC 2017

Summer Conditioning Week 4