Skyline XC 2017

Summer Conditioning Week 1 & 2

Day 1: Wednesday June 21st 9am

* 10 minute easy jog warm up
* Intro to drills- arm circles, walk overs, walk high knees, skip high knees, arms & toes, leg swings
* 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)

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Summer Conditioning Week 3

Monday July 3rd Long run Monday- (VDB is backpacking at Image Lake but will be back on the 5th!)

* 10 minute easy warm up & drills: arm swings, quad pulls, walk overs, skip high knees, butt kickers, arms & toes, knee hugs
* 45-70 minute run depending on fitness (add 5-10 minutes from last week depending on feel)
* 30 praying situps, 25 push ups, 2x25 single leg toe raisers, 25 double leg toe raisers

Tuesday July 4th Recovery Day- No Meeting as a Team Today (VDB is backpacking)

* Get outside and go for a 30-40 minute easy recovery run if you can & stretch!
* Have a safe and fun holiday with your family!

Wednesday July 5th – Workout Wednesday!

* 10 minute warm up & drills: walk overs, walk high knees, skip high knees, arm circles, arms & toes, fast leg slow leg, hurdle walks
* Xs & Os:
	+ Varsity- 4x 12 minute Xs & Os on field
	+ Transition- 3x12 min Xs & Os
	+ JV- 2-3x12 min Xs & Os
* 10 minute easy cool down, 30 praying sit ups, 3x30 second planks, 2x20 single leg squats each side, 2x20 full body squats (both legs), stretching

Thursday July 6th – Recovery Day

* 10 minute warm up & drills: arm circles, arms & toes, bent knee Germans, hurdle walks, zombie walks, knee hugs, walk overs, skip high knees.
* 40-50 minute easy run for recovery depending on feel
* 30 praying sit ups, lunges, 25 pushups, stretching.

Friday July 7th Hike to Annette Lake (Parents & guys team are welcome to join!)

* <http://www.wta.org/go-hiking/hikes/annette-lake>
* Meet at the trail head at 8:30am
* Bring a backpack with a lunch, a first aid kit, an extra sweatshirt, and some water.
* Your driver will need a Northwest Forest Pass for their vehicle.
* Driving Directions: From Seattle, drive east on I-90 to exit 47 (Asahel Curtis/Denny Creek). Turn right from the off-ramp and continue 0.25 mile, then turn left on Forest Road 5590. You'll find the parking area to your right in 0.3 mile. Toilets are located on the north side of the parking area.

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Summer Conditioning Week 4

Monday July 10th- Long Run Day!

* 10 minute easy jog warm up & drills: walk overs, walk high knees, skip high knees, heel walks, knee hugs, arms & toes, arm circles
* 45-75 minute long run run depending on fitness
* 30 praying sit ups, 3x30 second planks, 25 push ups, 2 x lunges, stretching

Tuesday July 11th- Recovery Day

* 10 minute easy jog & drills: heel walks, arms & toes, walk high knees, hurdle walks, bent knee Germans, quad pulls, butt kickers.
* Recovery runs:
	+ Varsity- 40-60 minute easy run
	+ Transition- 35-50 minute easy run
	+ JV- 20-40 minute easy run
* 30 praying sit ups, 25 push ups, 3x20 single leg toe raisers, 3 x 20 double leg toe raisers, stretching

Wednesday July 12th- Workout Wednesday

* 10 minute easy jog warm up & drills: walk overs, walk high knees, skip high knees, heel walks, knee hugs, arms & toes, arm circles
* Minutes fartlek (On= 80% up tempo effort; off= easy recovery JOG, not walk)
	+ Varsity: 6-5-4-3-2-1 (6 minutes on, 5 minutes off, 5 minutes on, 4 minutes off, etc.)
	+ Transition: 5-4-3-2-1 (5 minutes on, 4 minutes off, etc.)
	+ JV: 4-3-2-1 (4 minutes on, 3 minutes off, 3 minutes on, etc.)
* 10 minute easy cool down
* 30 praying sit ups, 3x30 second planks, 25 push ups, 2 x lunges, stretching

Thursday July 13th- Recovery Day

* 10 minute easy jog & drills: heel walks, arms & toes, walk high knees, hurdle walks, bent knee Germans, quad pulls, butt kickers.
* Recovery runs:
	+ Varsity- 40-60 minute easy run
	+ Transition- 35-50 minute easy run
	+ JV- 20-40 minute easy run
* 30 praying sit ups, 25 push ups, 3x20 single leg toe raisers, 3 x 20 double leg toe raisers, stretching

Friday July 14th- Hiking Mt. Washington (all are welcome to join…this one is 8.5 miles round trip and TOUGH)

* Meet at the trailhead at 8:00am to beat the heat!
* <http://www.wta.org/go-hiking/hikes/mount-washington-1>
* Bring a lunch, water, a backpack with an extra layer of clothes (sweatshirt, extra t shirt), and a first aid kit.
* Your driver will need a Discover Pass to park at the trail head.
* Driving Directions: From Seattle drive east on I-90 to exit 38. Head south (right), immediately crossing the South Fork Snoqualmie River, and take the first right turn into Ollalie State Park, a few hundred feet from the highway. Follow the gravel road to the end, parking near the bathrooms at the west end of the lot.