

June ~ 2009

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2	3	4	5 Exams	6
7	8 Exams	9 Exams	10 Exams	11 CROSS-TRAINING your choice time is 30-35 min.	12 30 min Fartlek (5min easy run, 30 sec sprint/2:30 min jog for 20 min, 5 min easy run)	13 OFF
14 3.5-4 mile run	15 - lift (9-11) 30 min Fartlek (5min easy run, 1 min sprint/2 min jog for 20 min, 5 min easy run)	16 2 x 800 (< 3:45 for each) 4 x 400 (< 1:45 for each) <i>active rest of 5 min.</i> <i>b/w the 800's & 400's</i>	17 - lift (9-11) 6 200's (up in 20 sec, back in 40 sec) Stickwork	18 - lift (9-11) 3.5-4 mile run	19 Track workout: 400-600-800-800-600- 400 <i>rest b/w each as defined in glossary</i>	20 OFF
21 CROSS-TRAINING your choice time is 30-35 min.	22 - lift (9-11) Track workout: 3 x 1 miles; active rest 5 minutes between each mile	23 800, rest 3 min 400, rest 1 min Repeat 3 times	24 - lift (9-11) 3 x 60 sprints (<15s/R30s) 8 200's (up in 20 sec, back in 40 sec) Stickwork	25- lift (9-11) TIMED MILE TEST (record your time)	26 800, rest 3 min 400, rest 1 min Repeat 3 times	27 OFF
28 3.5-4 mile run	29 - lift (9-11) 30 min Fartlek (5min easy run, 1 min sprint/2 jog for 20 min, 5 min easy run)	30 2 x 300 shuttles @ 25 yds < 70 sec. <i>2 min. active rest b/w each shuttle</i> Stickwork				

"You can't ever work too much because there is no such thing as being in too good condition. You can't ever lift too many weights because you can't ever be too strong. You can't ever wrestle too much, because you can always do better."

Dan Gable

NOTES:

<15s / R 30s means run the workout in *under* 15 seconds and *rest (R)* for 30 seconds.

July ~ 2009

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 - lift (9-11) 12 200's (20 sec up/ 40 sec back)	2- lift (9-11) Track workout: 800 <3:45 <i>active rest 1min.</i> 1 mile <8:00 <i>active rest 1 min.</i> 800 <3:45	3 2 x 300 shuttles @ 25 yds < 70 sec. <i>2 min. active rest b/w each shuttle</i> Stickwork	4 OFF
5 OFF	6 - lift (9-11) 2.5-3 mile run	7 Track workout: 200-400-400-200 <i>Rest 5 min</i> <i>Repeat</i>	8 - lift (9-11) 4 x 60 sprints (<15s / R30s) 10 200's (up in 20 sec, back in 40 sec) Stickwork	9- lift (9-11) 2.5-3 mile run	10 30 min Fartlek (5min easy run, 1 min sprint/2 jog for 20 min, 5 min easy run)	11 2 x 300 shuttles @ 25 yds < 65 sec. <i>2 min. active rest b/w each shuttle</i> Stickwork
12 OFF	13 - lift (9-11) 2.5-3 mile run	14 Track workout: 400-200-300 <i>Rest 5 min.</i> Repeat	15 - lift (9-11) 10 200's (up in 20 sec, back in 40 sec) Stickwork	16- lift (9-11) 2.5-3 mile run	17 3 x 1 miles @ 7:30 or less; active rest 5 minutes between each mile	18 4 x 300 shuttles @ 50 yds <60 sec. <i>2 min. active rest b/w each shuttle</i> Stickwork
19 OFF	20 - NO lift TIMED MILE TEST (record your time)	21 8 x 200's 10 200's (up in 18 sec, back in 42 sec)	22 - NO lift 4 x 60 yd sprints (<14s / R30s) 5 x 100 yd sprints (<17s / R35s) Stickwork	23- NO lift Track workout: 300-100 x 6	24 2.5-3 mile run	25 Track workout: 100-200-100 x 10
26 OFF	27 - lift (9-11) CROSS-TRAINING your choice time is 40-45 min.	28 3 x 300 shuttles @ 25 yds (<65s / R 3min) Stickwork	29- lift (9-11) 6 x 40's (R10 sec b/w) 8 x 20's (R10 sec b/w) 10 x 10's (R10 sec b/w) <i>1 min. ACTIVE rest b/w 40's, 20's & 10's set</i>	30- lift (9-11) 3 x 300 shuttles @ 25 yds (<65s / R 3min) Stickwork	31 2.5-3 mile run	
<div style="border: 1px solid black; padding: 10px;"> <p>"When you see a successful individual, a champion, you can be very sure that you are looking at an individual who pays great attention to the perfection of minor details." <div style="text-align: right;"><i>John Wooden</i></div> </p> </div>						

August ~ 2009

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 Outdoor Track: <i>Sprint/Jog</i> Sprint straight aways and jog curves for 10 laps (=2.5 miles)
2 2 mile run	3 -lift (9-11) No running	4 8 x 40's (R10 sec b/w) 10 x 20's (R10 sec b/w) 12 x 10's (R 10 sec b/w) 1 min. <i>ACTIVE rest b/w</i> 40's, 20's & 10's set	5 - lift (9-11) 10 200's (up in 18/back in 42) Stickwork	6- lift (9-11) 2 mile run	7 Track workout: 200-300-300-200 <i>Repeat</i>	8 15 yd Ladders x 6
9 30 min Fartlek (5min easy run, 1 min sprint/2 jog for 20 min, 5 min easy run)	10 No running	11 20 yd Ladders x 8	12 4 x 300 shuttles @ 25 yds (<60s / Rest 3min in between) Stickwork	13 2 mile run	14 OFF	15 Tryouts 7-2 (Bring a packed lunch)
16 STRETCH!	17 Tryouts Running 6:30-7:30 Practice 4:00-6:00	18 Running 6:30-7:30 Practice 4:00-6:00	19 Running 6:30-7:30 Practice 4:00-6:00	20 Running 6:30-7:30 Practice 4:00-6:00	21 Practice 6:30-9:00	22 Practice TBD
23	24 First Day of School For 9 th graders Practice 3:00-5:30	25 First Day of School Practice 3:00-5:30	26 Practice 3:00-5:30	27 Practice 3:00-5:30	28 Practice 3:00-5:30	29 Practice TBD
30	31 Practice 3:00-5:30	<p>"I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have." <i>Abraham Lincoln</i></p>				

September ~ 2009

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Practice 3:00-5:30	2 Practice 3:00-5:30	3 Practice 3:00-5:30	4 Practice 3:00-5:30	5 Practice TBD
6	7 No School Practice TBD	8 Vs. Howard High School	9 Practice 3:00-5:30	10 Practice 3:00-5:30	11 Practice 3:00-5:30	12 Practice TBD (Possible River Hill Tourn)
13	14 Practice 3:00-5:30	15 Practice 3:00-5:30	16 Vs. Annapolis	17 Practice 3:00-5:30	18 Practice 3:00-5:30	19 Practice TBD
20	21 Practice 3:00-5:30	22 Vs. Northeast	23 Practice 3:00-5:30	24 @ Meade	25 Practice 3:00-5:30	26 Practice TBD
27	28 No School Yom Kippur	29 @ Old Mill	30 Practice 3:00-5:30			

October ~ 2009

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Vs. North County	2 Practice 3:00-5:30	3 Practice TBD
4	5 Practice 3:00-5:30	6 Vs. Southern	7 Practice 3:00-5:30	8 @ Chesapeake	9 Practice 3:00-5:30	10 Practice TBD
11	12 Practice 3:00-5:30	13 Vs. Glen Burnie	14 Practice 3:00-5:30	15 Vs. South River (Evening game)	16 No School Practice TBD	17 Practice TBD
18	19 @ Severna Park (Evening game)	20 Practice 3:00-5:30	21 Practice 3:00-5:30	22 @ Broadneck	23 Practice 3:00-5:30	24 Practice TBD
25	26 Playoffs	27	28	29	30	31