

CROSS COUNTRY PRE-SEASON WORKOUT SCHEDULE
For the Weeks of : August 1st –September 5th, 2016
Welcome to Chantilly Chargers Cross Country, 2016!!!! NEVER GIVE UP!!!

Definitions of Appropriate Groups: (these are basic guidelines- all will be designated by Coaches)

Purple- (Advanced) Girls (Varsity) Veterans; Boys (varsity) veterans who have consistently trained this summer

Silver- (Medium) veterans who signed up in June, but have not consistently trained over summer
-newcomers/freshman, who have consistently trained over summer

White- Rookies/Freshman who have not run before; beginners group

Please note that for the first two weeks, the group you are assigned on Monday, will be the group you run with. The coaches may move you up if they feel that you are prepared, or down if it is appropriate. Be honest with your state of conditioning, in order to avoid injuries. After the scrimmage/camp, these groups may be re-worked. Please DO NOT move yourself, for social reasons or simply to challenge yourself more. Please discuss this with coaches, as we are interested in your well-being in the short term and **long term.**

Quote of the Week:

"Mental will is a muscle that needs exercise, like the muscles of the body." -- Lynn Jennings

Monday, 8/1- Meet @ CHS- 5:53 am- Burke Lake

Review time trial course

Purple/Brandon: Full Course x 2

Silver- Full Course, plus 1st 2 miles

White: Time Trial Course x 2

Concussion Impact Testing: All Freshmen & Juniors; anyone who did not do CHS Sports last year

Tuesday, 8/2- Time Trial @ Burke Lake - Tryouts- Meet @ CHS-7:13 am

2 miles warmup

Purple: 24 minutes cooldown (Brandon- 20 min)

Silver: 20 minutes cooldown

White: 15 minutes cooldown

Weightroom

Wednesday, 8/3-Meet @ Manassas Battlefield- 7:13 am

Purple:50 minutes as you feel (Brandon 44 min)

Silver: 40 minutes as you feel

White: 30 minutes easy

(7:30 PM- Shoe Night @ Fairfax Corner- Potomac River Running)

Thursday, 8/4 - @ Burke Lake- Meet @ CHS- 7:13 am
HILLS (1.75 mark & Golf Course Hill)
2 miles/15 min warmup/ 12 /15/20 cooldown
Purple: 6 repeats (per hill) (w/pushups), jog down to start
Silver/Brandon: 5 repeats (per hill) (w/pushups), jog down to start
White: 4 repeats (per hill) (w/pushups), jog down to start

Friday, 8/5 -Meet @ CHS- 6:23 am
Purple/Brandon: 42 minutes as you feel
Silver: 38 minutes as you feel
White: 33 minutes as you feel
10 x 100m striders on grass
Weightroom

Saturday, 8/6- Manassas Battlefield- Meet @ 7:13 am
Purple: 55 moderate pace (Brandon 50 minutes)
Silver: 48 moderate pace
White: 40 moderate pace

Sunday, 8/7: Rest Day or feel free to cross train (or make up for day you may have missed). Or up to 40 minutes moderately (Varsity).

Quote of the Week:

"I like running because it's a challenge. If you run hard, there's the pain - and you've got to work your way through the pain. You know, lately it seems all you hear is? Don't overdo it' and? Don't push yourself.' Well, I think that's a lot of bull. If you push the human body, it will respond."
- Bob Clarke, Philadelphia Flyers general manager, NHL Hall of Fame.

Monday, 8/8- Burke Lake- Meet @ CHS- 5:53 am
12 minutes warmup/15 cooldown
Purple: 4 x 5:00 tempo, 2:00E (Brandon (3x5:00 tempo)
Silver: 5 x 3:00H, 2:00E
White: 5 x 2:00H, 1:00E
Make up Time Trial

Tuesday, 8/9 Manassas Battlefield- Meet @ 7:13 am
Purple: 48 minutes easy
Silver/Brandon: 45 minutes easy
White: 42 minutes easy

Wednesday, 8/10 @ Lees Corner Elementary- 6:23 am
15 min warmup/20 min cooldown
Purple: 12 hill repeats (w/pushups) (Brandon- 10 repeats)
Silver: 10 hill repeats (w/pushups)
White: 8 hill repeats (w/pushups)

Thursday, 8/11- Meet @ CHS- 5:53 am EASY
Teach the Full Course all together
Purple/Brandon: Run full course again
Silver: Run First two miles
White: Run 3rd Mile

Friday, 8/12- - Meet @ CHS- 6:23 am
12 minutes warmup/15 cooldown
Purple: 2 x 10:00 tempo, 4:00E ; (Brandon- 1 x 12:00)
Silver: 2 x 8:00H, 3:00E
White: 2 x 5:00H, 2:00E

Saturday, 8/13- Manassas Battlefield @ 7:13 am
Purple: 50 minutes as you feel
Silver: 45 minutes as you feel
White: 40 minutes as you feel

Sunday, 8/14: Rest Day or feel free to cross train (or make up for day you may have missed). Or up to 40 minutes moderately.

Monday, 8/15- Burke Lake- Meet @ CHS- 7:13 am
2 miles/15 min warmup/ 15/20 cooldown
3rd Mile Relays (8 x 300m)

Tuesday, 8/16 Meet@ CHS at 6:23 am
Purple/Brandon: 50 minutes easy
Silver: 45 minutes easy
White: 40 minutes easy
PANEL DISCUSSION 8:30 am (Bagels & Juice Provided) (All are expected to attend)

Wednesday, 8/17-Meet @ CHS- 6:23 am
12 minutes warmup/15 cooldown
Purple/Brandon: 20 minutes "Zipper Run" (10 sec zipper)
Silver: 16 minutes "Zipper Run" (7 sec zipper)
White: 12 minutes "Zipper Run" (5 sec zipper)
Weightroom

Thursday, 8/18- Meet @ CHS- 6:23 am EASY
Purple: 44 minutes easy
Silver: 39 minutes easy
White: 34 minutes easy
Striders on Field

Friday, 8/19- Burke Lake- Meet @ CHS- 7:13 am
15 minute warmup/ White 2 mile cooldown/Silver, Purple & Black- 3 miles cooldown
2 Mile Scrimmage vs. Robinson SS & Lee HS

Saturday, 8/20- Meet @ CHS- 6:23 am
Team Pictures @ CHS- 9:30 am, followed by Field Day (REQUIRED)
Purple: 50 minutes as you feel
Silver/Brandon: 45 minutes as you feel
White: 40 minutes as you feel

Sunday, 8/21: Rest Day or feel free to cross train (or make up for day you may have missed). Or up to 40 minutes moderately. Varsity: 7 miles easy

Quote of the Week:

"The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy...It is not age; it is not diet. It is the will to succeed." -Jacqueline Gareau, 1980 Boston Marathon champ

LOST RIVER CROSS COUNTRY CAMP- MONDAY-THURSDAY, AUGUST 22nd -25th

Monday, 8/22- Arrive @ CHS 11:15 am;
Depart school @ Noon All Groups- 4 miles in afternoon ; Black: 6 miles

Tuesday, 8/23-
AM Run- 3 miles (up hill route), Boys Varsity- 5 miles
PM- All Groups to Heavens Gate (5 miles)
Purple- 4x 200h, 200E before/after climb
Silver- 2 x 200h, 200E before/after climb
White- Run consistently to top

Wednesday, 8/24-
AM- All Groups 4 miles (to bottom of hill); Boys Varsity 6 miles
PM- Boys/Girls team run- 30 minutes

Thursday, 8/25-
10 Miler- Everyone (5 miles minimum)

Friday, 8/26- Meet @ E.C. Lawrence Park- Walney Pond – 7:13 am
All Groups- 35 minutes as you feel

Saturday or Sunday- **TAKE ONE DAY OFF**
Boys Varsity: 8 miles as you feel (Sunday: 6 miles)
Purple- 50 minutes as you feel
Silver-45 minutes as you feel
White- 40 minutes as you feel

Quote of the Week: "There are people who have no bodies, only heads. And many athletes have no heads, only bodies. A champion is a man who has trained his body and his mind, who has learned to conquer pain for his own purposes. A great athlete is at peace with himself and at peace with the world; he has fulfilled himself. He envies nobody. Wars are caused by people who have not fulfilled themselves. -Coach Sam Dee-The Olympian

Monday, 8/29 Meet @ CHS- 5:53 am

Purple: 70 minutes as you feel

Silver: 60 minutes as you feel

White: 50 minutes as you feel

Tuesday, 8/30- CHS- Meet @ CHS- 5:53 am

Purple: 44 minutes easy

Silver: 39 minutes easy

White: 34 minutes easy

Weightroom

Wednesday, 8/31 - Meet @ CHS- 5:53 am

800m Tempo Pace

12 minutes Warmup

Purple: 8 x 800m; 1:00R- 20 minutes cooldown

Silver: 6x 800m; 1:00R- 15 minutes cooldown

White: 5x 800m; 1:00R; 12 minutes cooldown

Thursday, 9/1- Meet @ CHS- 6:23 am

Purple: 42 minutes

Silver: 37 minutes

White: 33 minutes

Weightroom

Friday, 9/2 Burke Lake- 2nd Time Trial- Meet @ CHS- 5:53 am

12 minutes warmup; followed by 2 mile Time Trial

Purple: 30 minutes cooldown

Silver: 25 minutes cooldown

White: 20 minutes cooldown

Saturday or Sunday- 9/3 & 4- TAKE ONE DAY OFF

Purple- 60 minutes as you feel (Varsity- 6 miles Sunday)

Silver-48 minutes as you feel

White- 42 minutes as you feel

Quote of the Week:

"Believe in yourself, know yourself, deny yourself, and be humble."

- John Treacy's four principles of training prior to Los Angeles 84

Monday, 9/5- Labor Day- - Meet @ Lees Corner (HILLS)- 8:23 am
1.5 miles warmup/ 12 or 15 minutes cooldown
Purple: 10 repeats (pushups at the top); 3:00E; 5:00H; 15 minutes cooldown
Silver: 8 repeats; 3:00E; 5:00H; 12 minutes cooldown
White:6 repeats; 3:00E; 5:00H; 15 minutes cooldown

The Power of Determination: Glenn Cunningham's Story by Burt Dubin

The little country schoolhouse was heated by an old-fashioned, pot-bellied coal stove. A little boy had the job of coming to school early each day to start the fire and warm the room before his teacher and his classmates arrived. One morning they arrived to find the schoolhouse engulfed in flames. They dragged the unconscious little boy out of the flaming building more dead than alive. He had major burns over the lower half of his body and was taken to a nearby county hospital.

From his bed the dreadfully burned, semi-conscious little boy faintly heard the doctor talking to his mother. The doctor told his mother that her son would surely die - which was for the best, really - for the terrible fire had devastated the lower half of his body.

But the brave boy didn't want to die. He made up his mind that he would survive. Somehow, to the amazement of the physician, he did survive. When the mortal danger was past, he again heard the doctor and his mother speaking quietly. The mother was told that since the fire had destroyed so much flesh in the lower part of his body, it would almost be better if he had died, since he was doomed to be a lifetime cripple with no use at all of his lower limbs.

Once more the brave boy made up his mind. He would not be a cripple. He would walk. But unfortunately from the waist down, he had no motor ability. His thin legs just dangled there, all but lifeless. Ultimately he was released from the hospital. Every day his mother would massage his little legs, but there was no feeling, no control, nothing. Yet his determination that he would walk was as strong as ever. When he wasn't in bed, he was confined to a wheelchair. One sunny day his mother wheeled him out into the yard to get some fresh air. This day, instead of sitting there, he threw himself from the chair. He pulled himself across the grass, dragging his legs behind him. He worked his way to the white picket fence bordering their lot. With great effort, he raised himself up on the fence. Then, stake by stake, he began dragging himself along the fence, resolved that he would walk. He started to do this every day until he wore a smooth path all around the yard beside the fence. There was nothing he wanted more than to develop life in those legs.

Ultimately through his daily massages, his iron persistence and his resolute determination, he did develop the ability to stand up, then to walk haltingly, then to walk by himself - and then - to run. He began to walk to school, then to run to school, to run for the sheer joy of running. Later in college he made the track team.

Still later in Madison Square Garden this young man who was not expected to survive, who would surely never walk, who could never hope to run - this determined young man, Dr. Glenn Cunningham, ran the world's fastest mile!

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