August 2018 PHS Cross Country

S S S S S S S S S S	Thursday Friday Saturday
S Goals, WU, Interval (400, 800, 1200,800,400) w/ 60 sec walking breaks, CD MU, 1 mile cadence track run, break, 1 mile cadence course MU, 1 mile cadence course MU, 2 mile sor own (talking pace) MU, 1 mile cadence course MU, 1 mile cadence course MU, 2 mile sor own (talking pace) MU, 1 mile cadence course MU, 1 mile cadence course MU, 1 mile cadence course MU, Weight Room, Barefoot 10min, CD MU, Weight Room, Barefoot 10min, CD MU, Weight Room, Barefoot 10min, CD MILe Scrimmage* MU, Weight Room, Barefoot 10min, CD Manged) MU, Weight Room, Barefoot 10min, CD Manged) MILe Scrimmage* MU, Weight Room, Barefoot 10min, CD Manged) MILe Scrimmage* MU, Weight Room, Barefoot 10min, CD Manged) MILe Scrimmage* MILe Scrimmage* MU, Weight Room, Barefoot 10min, CD Manged) MILe Scrimmage* MILe Scrimmag	2 3 4
Red Mill Pavilion - Midnight Run 11:30 pm 1st Practice - PHS/Riverwalk 7pm WU, 25min Tempo, CD 12	m Summer Workout
Red Mill Pavilion - Midnight Run 11:30 pm 12 13 14 15 Coals,WU, Interval (400, 800, 1200,800,400) w/ 60 sec walking breaks, CD 19 20 20 21 20 3 miles on own (talking pace) WU, 1 mile cadence track run, break, 1 mile cadence course WU, Weight Room, Form Run, CD Laingsl WU, Weight Room, Barefoot 10min, CD hanged)	9 10 11
Scrimmage* meet at PHS 3 pm, set up, warm up, scrimmage, CD, tear down *Pictures @ 12:15pm 19 20 21 22 WU, Weight Room, Form Run, CD *Laings! Burg In WU, Weight Room, Form Run, CD *Laings! Burg In Mile Scrimmage* WU, Weight Room, Form Run, CD *Laings! Burg In Depart: 2:45p	ning Form, Course, CD leeting - 6: . Pulling's room #415 WU + 1/4 mile jog, Timed Mile, 1/4 mile jog, Game, CD & stretch
Scrimmage* meet at PHS 3 pm, set up, warm up, scrimmage, CD, tear down *Pictures @ 12:15pm 2 miles on own (talking pace) 19 20 21 22 WU, Weight Room, Form Run, CD *Laingsle Burg In Mile Scrimmage* *Lansing Catholic 2-Mile Scrimmage* Mu, Weight Room, Form Run, CD *Laingsle Burg In Mile Scrimmage* *Lansing Catholic 2-Mile Scrimmage* Mu, Weight Room, Form Run, CD *Laingsle Burg In De Mile Scrimmage* Depart: 2:45p	16 17 18
WU, 1 mile cadence Track run, break, 1 (talking pace) WU, 1 mile cadence Track run, break, 1 mile cadence course The course of the cadence of the cadence course WU, 1 mile cadence The cadence of the cadence o	*St. John's Under the Lights Meet - CD, Game *St. John's Under the Lights Meet - Depart: 7:15p & Race: 9:25p
WU, 1 mile cadence track run, break, 1 (talking pace) wile cadence course WU, 1 mile cadence track run, break, 1 mile cadence course wile cadence course wile cadence course will be a serious w	23 24 25
	burg Early v WU, Interval (400, part: 1:50p 800, 1200, 800, 400) w/ Jogging breaks, ys Run: 4p (changed) Game, CD
<u>5</u> 26 27 28 29	30 31
Combo MS/HS Practice - Run to MS - Good Form, Shuttle Back to HS *SARANAC INV 5K Depart: 2:15 Run: 4: jog, 1 mile, CD *WU, 4x400 w/ 1 lap break as 1/2 walk 1/2 jog, 1 mile, CD *WU, 4x400 w/ 1 lap break as 1/2 walk 1/2 jog, 1 mile, CD	Tempo 20, Game, CD *NO PRACTICE*_On your own: WU, 3 miles easy, 5 Strides, CD

September 2018 PHS Cross Country

		Sunday		Monday		Гuesday	Wed	dnesday	т	hursday		Friday	\$ Saturday
Wk4 - Redu1													1
Week 5	3 miles on own (talking pace		*NO PRACT your own:W easy, 1/2 mil 1 mile easy, §	U, 1 mile e HARD,	WU, 30 min Tempo, strides, CD		*Marauder INV* @ Uncle John's Cider Mill - St. Johns Depart: 4p Run: 6pm		WU, Timed 1 mile, break, timed 2 mile, 10 minute Barefoot, CD		*Combo MS/HS Practice 3-4pm - WU, 10 minute Cadence/Form, 10 minute Starburst, Interval 2min/1min x 3, Game CD		8
Week 6		9 s on own ing pace)	WU, 40 mi 10 st	in tempo,	YOGA		*Lakewood Inv Depart: 2:30 Boys Run: 4:30		WU, Weight Room, Barefoot 10min, CD		*MSU Spartan Inv Depart: 10:45a un: 12:50p *Allow extra time to park and walk		15
Week 7	5 miles on own (talking pace)		WU, 20 mir Strategy/0	Course	*Ionia - CAAC League Meet* Depart: 3 Run:5		WU, Weigh 2 circuit, 1		*Combo MS/HS Practice 3-4pm - WU, 50 min Temp, 5 strides, CD				22
Week 8 - Redu2		23 s on own ing pace)	Team	24 n Fun Day	WU, Tempo	25 o 30 min, CD	*P-W Invite 2:45 F	26 Depart: Run: 4:30	WU, Weigl Barefoot 1			J, 20 min Same, CD	29

October 2018 PHS Cross Country

5 miles	Sunday 30		Monday		Tuesday	Wed	dnesday	T	h wa al a		Friday	c	coturdos		
	30						anesuay	"	hursday		Friday	•	Saturday		
			1		2		3		4		5		6		
		Caden Tempo strides, CI	Coach	Boys Run: 5pm		(bikes?) 30 m	inutes, 5	es, 5 Depart:2: 3		WU, Tempo 50 min, CD					
	7		8		9		10		11		12		13		
		*Portland Inv Meet at PHS: 2:45 Boys Run: 4:30		WU, Hill Form Work 20, 1 mile easy, CD		WU, Weight Room, 2 miles, CD		*JV* East Lansing Meet Depart: 2:15 Race 3:45 Var- Practice WU, Course 2 miles, 5 Fball Field Loops, 5 strides, CD		WU, Startburst 10 min, Game, CD - GL Meet Talk		*GREATER LANSING INV - Ledge Meadows - Grand Ledge Run: 10am * NO BUS - must get own transportation			
	14		15		16		17		18		19		20		
6 miles on own (talking pace)		WU, Ice Cre	eam Run, CD	WU, 800,B (x2), 400, b (x2) Stride x 3, CD		Tempo 2	20 min, 5	- Sexton HS Depart:							
	21		22		23		24		25		26		27		
5 miles on own (talking pace)					*NO PRACTICE*- up to 2 miles light jog on own		WU, 100B, 400B, 800B, 400B, 100, CD, Goals		MHSAA Regionals - Uncle John's Cider Mill						
	28		29		30		31	NOV.	1		2		3		
8 miles on own (talking pace)					TBA		TBA		TBA		TBA		ТВА		
	7 miles (talki 6 miles (talki 5 miles (talki	7 miles on own (talking pace) 14 6 miles on own (talking pace) 21 5 miles on own (talking pace) 28 8 miles on own	5 miles on own (talking pace) 7 7 miles on own (talking pace) 14 6 miles on own (talking pace) 21 5 miles on own (talking pace) 21 5 miles on own (talking pace) 21 8 miles on own (talking pace) 28 8 miles on own (talking pace)	Tempo 20min, 2 strides, CD *Coach Pulling/Holdren staff meeting 7 8 7 miles on own (talking pace) 14 15 6 miles on own (talking pace) 21 22 5 miles on own (talking pace) 21 22 5 miles on own (talking pace) 21 22 8 miles on own (talking pace) 28 29 8 miles on own (talking pace) Tempo 20min, 2 strides, CD *Coach Pulling/Holdren staff meeting *Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **Tomicon own (talking pace) **Tomicon own (talking pace)	Tempo 20min, 2 strides, CD *Coach Pulling/Holdren staff meeting 7 8 7 miles on own (talking pace) 14 15 6 miles on own (talking pace) 21 22 5 miles on own (talking pace) 21 22 5 miles on own (talking pace) 22 WU, Hill Formover Strides, CD *Coach Pulling/Holdren staff meeting *Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 WU, Hill Formover Strides, CD with Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 WU, Roo,B b (x2) Strides, CD with Portland Inv Mu, Roo,B b (x2) Strides, CD with Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **Supplemental Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **WU, Hill Formover Strides, CD with Pinch Portland Inv Mu, Roo,B b (x2) Strides, CD with Pinch Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **Supplemental Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **Supplemental Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **WU, Hill Formover Strides, CD with Pinch Portland Inv Mu, Roo,B b (x2) Strides, CD with Pinch Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **Supplemental Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **Supplemental Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **WU, Hill Formover Strides Run, CD with Pinch Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 **Supplemental Portland Inv Mu, Roo,B b (x2) Strides **	Tempo 20min, 2 strides, CD *Coach Pulling/Holdren staff meeting 7	Tempo 20min, 2 strides, CD *Coach Pulling/Holdren staff meeting 7	5 miles on own (talking pace) Tempo 20min, 2 strides, CD *Coach Pulling/Holdren staff meeting LEAGUE MEET Depart: 2:45p Boys Run: 5pm WU, Easy/Slow (bikes?) 30 minutes, 5 Strides, CD 7 miles on own (talking pace) *Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 WU, Hill Form Work 20, 1 mile easy, CD WU, Weight Room, 2 miles, CD 14 miles on own (talking pace) WU, Ice Cream Run, CD WU, 800,B (x2), 400, b (x2) Stride x 3, CD WU, Weight Room, Tempo 20 min, 5 strides, CD 21 miles on own (talking pace) Form/Cadence/Cours e 10 minutes, Tempo 30min, CD WU, Weight Room, Barefoot 5min, CD *NO PRACTICE*- up to 2 miles light jog on own own own own 28 miles on own (talking pace) TBA TBA TBA	5 miles on own (talking pace) Tempo 20min, 2 strides, CD *Coach Pulling/Holdren staff meeting 7 miles on own (talking pace) 7 miles on own (talking pace) *Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 *WU, Hill Form Work 20, 1 mile easy, CD WU, Weight Room, 2 miles, CD *JV* East Meet Dep. Race Practice WU 2 miles, CD *JV* East Meet Dep.	Tempo 20min, 2 Strides, CD *Coach Pulling/Holdren staff meeting Tempo 20min, 2 Strides, CD *Coach Pulling/Holdren staff meeting Pulling/Holdren staff meeting Tempo 20min, 2 Strides, CD * Strides, CD	5 miles on own (talking pace) Tempo 20min, 2 strides, CD "Coach Pulling/Holdren staff meeting LEAGUE MEET Depart: 2:45p Boys Run: 5pm WU, 30 minutes, 5 Strides, CD Strides, CD Popart: 2:30 Boys Run: 4 WU, Tempo Depart: 2:30 Boys Run: 4 7 miles on own (talking pace) *Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 WU, Hill Form Work 20, 1 mile easy, CD WU, Weight Room, 2 miles, CD Race 3:45 Var Practice WU, Course 2 miles, 5 Fball Field Loops, 5 strides, CD WU, Startburs, 5 Fball Field Loops, 5 strides, CD WU, Weight Room, Tempo 20 min, 5 strides, CD CAAC LEAGE FINAL - Sexton HS Depart: 3pm Race: 5pm Startburs, 5 Fball Field Loops, 5 strides, CD WU, Startburs, 5 Fball Field Loops, 5 strides, CD WU, Startburs, 5 Fball Field Loops, 5 strides, CD WU, Weight Room, Tempo 20 min, 5 strides, CD CAAC LEAGE FINAL - Sexton HS Depart: 3pm Race: 5pm Startburs, 5 Fball Field Loops, 5 strides, CD WU, Startburs, 5 Fball Field Loops, 5 strides, CD WU, Startburs, 5 Fball Field Loops, 5 strides, CD WU, Startburs, 5 Fball Field Loops, 5 strides, CD WU, Startburs, 5 Fball Field Loops, 5 strides, CD Startburs, 5 Fball Field Loops, 5 strides, CD WU, Startburs, 5 Fball Field Loops, 5 strides, CD WU, Startburs, 5 Fball Field Loops, 5 strides, CD WU, Startburs, 5 Fball Field Loops, 5 strides, CD Startburs, 5 Fball Field Loops, 5 strides, CD WU, Startburs, 5 Fball Field Loops, 5 strides, CD Startburs, 5 Fball Field, 5 Fball	5 miles on own (talking pace) Tempo 20min, 2 strides, CD "Coach Pulling/Holdren staff meeting Pace) 9 10 11 12 12 7 miles on own (talking pace) *Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 WU, Hill Form Work 20, 1 mile easy, CD WU, Weight Room, 20, 1 mile easy, CD WU, Weight Room, 20, 1 miles, CD Testat Lansing Meet Depart: 2:15 Race 3:45 Varpractice WU, Course 2 miles, 5 Fball Field Loops, 5 strides, CD WU, Startburst 10 min, Game, CD - GL Meet Talk 6 miles on own (talking pace) WU, Ice Cream Run, (CD Discovered and Course 10 minutes, Tempo 30min, CD Sitride x 3, CD Discovered and Course 10 minutes, Tempo 30min, CD Discovered and Course 10 minutes, Tempo 30min, CD Discovered and Course 20 minutes, Tempo 30mi	5 miles on own (talking pace) Tempo 2 Dmin, 2 strides, CD *Coach Pulling/Holdren staff meeting LEAGUE MEET Depart: 2:45p Boys Run: 5pm WU, Tempo 50 min, Depart: 2:30 Strides, CD Peast Lansing in Depart: 2:30 Boys Run: 4 WU, Tempo 50 min, CD 7 miles on own (talking pace) *Portland Inv Meet at PHS: 2:45 Boys Run: 4:30 9 10 11 12 WU, Tempo 50 min, CD 1 4		

Banquet is Thursday, November 8th at 6:00pm at PHS in the Large Group Instruction Room