

August 2018 PHS Cross Country

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 0				1	2 7pm Summer Workout	3	4
Week 1	5	6	7 <i>Red Mill Pavilion - Midnight Run 11:30 pm</i>	8 <b>1st Practice - PHS/Riverwalk 7pm</b> WU, 25min Tempo, CD	9 WU, Running Form, Run Course, CD <b>*Parent Meeting - 6:30pm Mr. Pulling's room #415</b>	10 WU + 1/4 mile jog, Timed Mile, 1/4 mile jog, Game, CD & stretch	11
Week 2	12 <i>2 miles on own (talking pace)</i>	13 Goals, WU, Interval (400, 800, 1200, 800, 400) w/ 60 sec walking breaks, CD	14 *Raider -Shamrock Scrimmage* meet at PHS 3 pm, set up, warm up, scrimmage, CD, tear down *Pictures @ 12:15pm	15 WU, Weight Room, Form Run, CD	16 Pre-Meet WU, 30 min tempo, Post-Meet CD, Game	17 <b>*St. John's Under the Lights Meet - Depart: 7:15p &amp; Race: 9:25p</b>	18
Week 3	19 <i>3 miles on own (talking pace)</i>	20 WU, 1 mile cadence track run, break, 1 mile cadence course run, CD, Goals	21 <b>*Lansing Catholic 2-Mile Scrimmage* Depart: 2:45p Boys Start: 4:30p</b>	22 WU, Weight Room, Barefoot 10min, CD	23 <b>Laingsburg Early Burg Inv Depart: 1:50p Boys Run: 4p (changed)</b>	24 WU, Interval (400, 800, 1200, 800, 400) w/ Jogging breaks, Game, CD	25
Wk4 - Redu1	26 <i>2 miles on own (talking pace)</i>	27 *Combo MS/HS Practice* - Run to MS - Good Form, Shuttle Back to HS	28 WU, 4x400 w/ 1 lap break as 1/2 walk 1/2 jog, 1 mile, CD	29 <b>*SARANAC INV 5K Depart: 2:15 Run: 4:00</b>	30 WU, Tempo 20, Game, CD	31 <b>*NO PRACTICE*</b> On your own: WU, 3 miles easy, 5 Strides, CD	

September 2018 PHS Cross Country

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wk4 - Redu1								1
		2	3	4	5	6	7	8
Week 5	3 miles on own (talking pace)	<b>*NO PRACTICE*</b> On your own:WU, 1 mile easy, 1/2 mile HARD, 1 mile easy, 5 Strides, CD	WU, 30 min Tempo, strides, CD	<b>*Marauder INV* @ Uncle John's Cider Mill - St. Johns</b> Depart: 4p Run: 6pm	WU, Timed 1 mile, break, timed 2 mile, 10 minute Barefoot, CD	<b>*Combo MS/HS Practice 3-4pm - WU,</b> 10 minute Cadence/Form, 10 minute Starburst, Interval 2min/1min x 3, Game CD		
Week 6	9	10	11	12	13	14	15	
	4 miles on own (talking pace)	WU, 40 min tempo, 10 strides, CD	YOGA	<b>*Lakewood Inv</b> Depart: 2:30 Boys Run: 4:30	WU, Weight Room, Barefoot 10min, CD	<b>*MSU Spartan Inv</b> Depart: 10:45a Run: 12:50p <i>*Allow extra time to park and walk</i>		
Week 7	16	17	18	19	20	21	22	
	5 miles on own (talking pace)	WU, 20 min Tempo, Course Strategy/Goals, CD	<b>*Ionia - CAAC League Meet*</b> Depart: 3 Run:5	WU, Weight Room x 2 circuit, Barefoot 10min, CD	<b>*Combo MS/HS Practice 3-4pm - WU,</b> 50 min Temp, 5 strides, CD	WU, Timed 1 mile, Rest, Timed 2 mile, Rest, Timed 3 mile, CD		
Week 8 - Redu2	23	24	25	26	27	28	29	
	3 miles on own (talking pace)	Team Fun Day	WU, Tempo 30 min, CD	<b>*P-W Invite</b> Depart: 2:45 Run: 4:30	WU, Weight Room, Barefoot 10min, CD	WU, 20 min Startburst, Game, CD		

October 2018 PHS Cross Country

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9	30 <i>5 miles on own (talking pace)</i>	1 WU, 10 min Cadence/Form, Tempo 20min, 2 strides, CD *Coach Pulling/Holdren staff meeting	2 <b>*Charlotte - CAAC LEAGUE MEET Depart: 2:45p Boys Run: 5pm</b>	3 WU, Easy/Slow (bikes?) 30 minutes, 5 Strides, CD	4 <b>*East Lansing Inv Depart:2:30 Boys Run: 4</b>	5 WU, Tempo 50 min, CD	6
	7 <i>7 miles on own (talking pace)</i>	8 <b>*Portland Inv Meet at PHS: 2:45 Boys Run: 4:30</b>	9 WU, Hill Form Work 20, 1 mile easy, CD	10 WU, Weight Room, 2 miles, CD	11 <b>*JV* East Lansing Meet Depart: 2:15 Race 3:45</b> Var-Practice WU, Course 2 miles, 5 Fball Field Loops, 5 strides, CD	12 WU, Startburst 10 min, Game, CD - GL Meet Talk	13 <b>*GREATER LANSING INV - Ledge Meadows - Grand Ledge Run: 10am * NO BUS - must get own transportation</b>
Wk11 - Taper 1	14 <i>6 miles on own (talking pace)</i>	15 WU, Ice Cream Run, CD	16 WU, 800,B (x2), 400, b (x2) Stride x 3, CD	17 WU, Weight Room, Tempo 20 min, 5 strides, CD	18 <b>CAAC LEAGE FINAL - Sexton HS Depart: 3pm Race: 5pm</b>	19 WU, 10 min Startburst, Game, CD, Goals, Team	20
	21 <i>5 miles on own (talking pace)</i>	22 WU, Form/Cadence/Course 10 minutes, Tempo 30min, CD	23 WU, Weight Room, Barefoot 5min, CD	24 <b>*NO PRACTICE*</b> - up to 2 miles light jog on own	25 WU, 100B, 400B, 800B, 400B, 100, CD, Goals	26 <b>MHSAA Regionals - Uncle John's Cider Mill</b>	27
Wk13-Post	28 <i>8 miles on own (talking pace)</i>	29 TBA	30 TBA	31 TBA	NOV. 1 TBA	2 TBA	3 <b>MHSAA State Final at MIS- Brooklyn, MI</b>

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