

2017 LADY COUGAR CROSS COUNTRY PERIODIZATION PLAN
Week 21 Nov 6-12 and Week 22 Nov 13-19

Monday Nov 6 Speed Work

3:05 Warmup routine **3:30** explain and rewarm **3:35** Speed Work a. Haley-400, 7x1kt w/1:10 rests
b. 400, 3x1kt w 1:10 rests, 800 race pace , 2:30 rest, 400 sub race, 2 min rest, 200 all out
4:10 20 min recovery run **4:30** Stretch Down core , , **4:50** "Go Cougars" Total miles run: 7.5-8.5 miles

Tuesday Nov 7 Recovery run

3:05 warmup, gsm **3:35** 40 min recovery run **4:15** stretch and core **4:35** "Go" Total miles run 6.5-7 miles

Wednesday Nov 8 Speed Work

3:05 warmup **3:30** explain and rewarm **3:35** SPEED PYRAMID 300, 400,600,800,600, 400,300 rests of 1:30,
2:00, 2:30, 3:30, 2:30, 2:00 **4:05** 20 min recovery run **4:25** stretch/core **4:45** "go" tot miles 6 miles

Thursday Nov 9 Recovery run

3:05 warmup **3:30** 40 min recovery run **4:10** stretch down and core **4:30** goal setting meeting in room
4:50 "Go Cougars" tot miles 6.5-7

Friday Nov 10 – Pre meet at Newhart/Oso—non school day

9:00 warmup **9:30** starts **9:40** 22:12 run **10:05** stretch and core **10:25** "go" tot miles 4.5

Premeet breakfast/brunch activity to be determined-10:30-12:00

Saturday Nov 11 CIF PRELIMS at Riverside Cross Country Course

Arrive at tent on site **9:30** warmup begins **10:10** heat 2 Race 21 time **10:56 am**
Total miles for the week at all practices 35-40 miles

Monday Nov 13-Recovery run

3:05 warmup, gsm **3:35** 40- 45 min recovery run **4:20** stretch and core **4:40** "go" tot miles 6.5-7

Tuesday Nov 14 Speed Work

3:05 warmup **3:30** explain and rewarm **3:35** a. 400, 3x1kt, 600,400,200 b. 6x400 at near 1600 pace w/4 min
4:05 20 min recovery run **4:25** stretch down and core **4:45** "Go Cougars" Total miles run 4-6 6-

Wednesday Nov 15/Thursday Nov 16 recovery run or short speed which day we will decide on tues.

SPEED DAY

3:05 warmup **3:30** explain, rewarm **3:35** Speed 7 min ladder 2,2,1,1,30,30 **3:50** 25 min recovery
4:15 stretch and core **4:35** "go"

Recovery Day

3:05 warmup **3:30** 40 min recovery **4:10** stretch and core **4:30** "go"

Friday Nov 17 Premeet

3:05 meet in room for goal setting **3:20** warmup,3 **3:50** starts **4:00** 22:12 run **4:25** stretch and core **4:45** "go"
total miles 5

PREMEET DINNER AT COACH SAYLES HOME 6-7
5 Genoa Laguna Niguel near marina hills and golden lantern

Saturday Nov 18 CIF FINALS at Riverside Cross Country Course

7:30 be on site warmup begins **8:20** Division 2 Race **9:05** AWARDS ceremony **10:45**
Depart for home 11:15

STATE MEET WEEK mon, tue, wed, 9am at Oso/Newhart Thursday recovery on own