

# SUMMER TRAINING SCHEDULE 2011

Summer group runs will be happening. No official attendance will be taken. We will log mileage however, so you can get a glimpse of the amount of work you put in, so during the season, you understand why you are performing as you are. If you log a good amount of pre-season miles, you will in all likelihood, see positive results. On the flip side, if you choose to sit on the couch, eat chips, drink soda or guava nectar, you will probably not be too happy with your results. These summer days are scheduled so you can get together with your teammates and friends to get out and run. Along with meeting locations, is a suggested workout.

In addition, some suggested common cross training activities you can do to are listed below:

**Individual Activities:**

Biking	Swimming	Surfing	Martial Arts
Kayaking	Hiking	Skating	weight lifting (non aerobic)

**Group Activities:**

Basketball	Soccer	Ultimate Frisbee
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On Tuesday and Friday mornings, go for an early run at a time that would be early enough for you to do it on a school day. That way, once school begins, you will not be hard pressed to get up at 6 am for a 20-30 minute run. Plus, it allows you to get a short run in and have the entire day to go do other things. The best way to do this is to arrange to meet with someone and **DO IT**.

M	7.18	200 PM	Montara Lighthouse: SOUTH 30 – 45 minutes
T	7.19	AM	20 minutes: easy OYO
T	7.19	200 PM	Purisima Creek: 30 – 45 minutes

**NOTE: CHANGE OF TIME DUE TO THE CONCLUSION OF SUMMER SCHOOL WHICH ALLOWS ANYONE TO ATTEND.**

TH	7.21	900 AM	Maverick’s pkg lot: 30 – 45 minutes
F	7.22	AM	20 minutes: easy OYO
F	7.22	900 AM	Montara Lighthouse: NORTH: 30 – 45 minutes
S	7.23	OYO	<b>LONG RUN OYO OR WITH TEAMMATES/FRIENDS</b>
M	7.25	900 AM	Montara Lighthouse: SOUTH: 40 – 50 minutes
T	7.26	AM	20 minutes: easy OYO
T	7.26	300 PM	Purisima Creek: 40 – 50 minutes
TH	7.28	300 PM	Venice Beach: NORTH 40 – 50 minutes
F	7.29	900 AM	Montara Lighthouse: NORTH: 40 – 50 minutes
F	7.29	PM	20 minutes: easy OYO
S	7.30		<b>LONG RUN OYO OR WITH TEAMMATES/FRIENDS</b>

Over the Next two weeks, it is a time that the team will not meet together as a group. Our first official team practice will be on Monday 8.15 at HMBHS. **All Athletic paperwork is due on the first day of practice.**

**OFFICIAL TEAM PRACTICE BEGINS DAILY (ATTENDANCE TAKEN FOR PE)**

M	8.15	400 PM	HMBHS
T	8.16	600AM	20 minutes: easy OYO
T	8.16	330 PM	Purisima Creek: 45 – 60 minutes
<b>T</b>	<b>8.16</b>	<b>6:30 PM</b>	<b>CODE OF CONDUCT MEETING @ HMBHS</b>
W	8.17	4:00 PM	Montara Lighthouse: SOUTH: 45 – 60 minutes
TH	8.18	400 PM	Venice Beach: 45 – 70 minutes
TH	8.18	TBA	POOL
F	8.19	AM	20 minutes: easy OYO
F	8.19	400 PM	Montara Lighthouse: NORTH: 50 – 80 minutes
S	8.20		<b>LONG RUN WITH TEAMMATES/FRIENDS</b>
M	8.22	400 PM	HMBHS: BIG FUN!
T	8.23	600 AM	20 minutes: easy OYO
T	8.23	330 PM	Purisima Creek: 45 – 80 minutes
W	8.24	4:00 PM	Montara Lighthouse: SOUTH: 45 – 70 minutes
TH	8.25	400 PM	Venice Beach: 45 – 60 minutes
TH	8.25	TBA	POOL
F	8.26	600 AM	20 minutes: easy OYO
F	8.26	400 PM	HMBHS: 45 – 60 minutes: Artichoke course orientation/Clean-up
S	8.27		<b>LONG RUN WITH TEAMMATES/FRIENDS</b>

You should be running at least 5 days per week over the summer. Each run should be between 45 – 60 min. with one run 80 - 90minutes. Once we begin team practice runs, continue to do morning runs. Those runs should be 20 – 30 minutes at an easy pace. They should be done on consistent days. In other words, get a routine going during the summer that you can continue into the school year. For example, do early morning runs on Tues., Thurs., and Sun.. Once school begins you continue those early runs before school, then do the workout in the afternoon. The only days you don't do a morning run are meet days.

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