

# October 2016

October 2016						
◀ September 2016						November 2016 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p><b>1</b> Raymond Rimkus from 8-9am Warm Up Run: 500m easy jog Stretches Running Drills: Walking w/high knees Walking w/straight leg kick-up Running w/high knees Running butt-kick</p> <p>Runners will be divided into groups by ability. 2 mile at an easy pace with sole objective of completing the distance without stopping.</p> <p>Finish with 5x50 m buildups</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b>                      Warm Up Run: 400m easy jog                      Stretches                      Running Drills:                      Skipping w/straight arms                      Skipping w/high knees                      Skipping w/quick down-stroke                      Power skipping                        Core Training : 800 meters                      – Timed Run                      Cool Down: 300m jog, stretch</p>	<p><b>5</b></p>	<p><b>6</b>                      Warm Up Run: 500m total (jog 100m, skip 100m, jog 100m, skip 100m, jog 100m)                      Stretches                      Running Drills:                      Walking w/high knees                      Walking w/straight leg kickup                      Running w/high knees                      Running Butt-kick                        Build Up Runs: 5 x 50m run                        Core Training: Continuous Relays (runners divided into teams based on 800m results; after they have chosen running order, each runner will run 200m loop and pass baton to their outgoing teammate. Continue until each runner has run 4 times).                        Cool Down: Jog 400m, stretch</p>	<p><b>7</b>                      ELIGIBILITY CHECK</p>	<p><b>8</b></p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b>                      Warm Up Run: 500m total (300m easy jog, 100m steady pace, 100m fast pace)                      Stretches                      Running Drills:                      Double leg hops w/short hop in between                      Single leg hops w/short hop in between                       Build Up Runs: Shuttle Run (5x50 m)                       Core Training: Whistle                      Workout: 10min non-stop                      10min walk-jog-run sprint session:                      1 whistle – walk                      2 whistles – jog                      3 whistles – run at steady pace                      1 long whistle - sprint                       Cool Down: Jog 400m, stretch</p>	<p><b>12</b></p>	<p><b>13</b>                      Warm Up Run: 400m easy jog                      Stretches                      Running Drills:                      Easy skipping                       Build Up Runs: 5x50m                       Core Training: Indian File Running                      Runners divided into balanced teams; after they have chosen running order, each team will run 3x800m (or 3-4 minutes) single file. After the lead runner has gone 100m (or 30 sec), the last runner in line increases his/her pace to run to the front of the line and so on.                      4 min. recovery in between                       Cool Down: Jog 400m, stretch</p>	<p><b>14</b>                      ELIGIBILITY CHECK</p>	<p><b>15</b></p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>16</b>	<b>17</b>	<p><b>18</b></p> <p>Warm Up Run: 500 m easy jog                      Stretches                      Running Drills:                      Skipping w/straight arms                      Skipping w/high knees                      Skipping w/quick down-stroke                      Power skipping</p> <p>Build Up Runs: Shuttle Run (4x60m)</p> <p>Core Training: 1000m timed run                      Cool Down: 400m jog, stretches</p>	<b>19</b>	<p><b>20</b></p> <p>Warm Up Run: 600m easy jog                      Stretches                      Running Drills:                      Walking w/high knees                      Walking w/straight leg kickup                      Running w/high knees                      Running Butt-kick</p> <p>Build Up Runs: 5x50m</p> <p>Core Training: Clover Relay                      Runners divided into balanced teams; after runners have chosen their running order – 3 separate relays over out-and-back distances of 200m, 150m, 100m. Continue until each runner has run 3 times.                      3-4 min. recovery between relays.</p> <p>Cool Down: Jog 400m, stretch</p>	<b>21</b>	<p><b>21</b></p> <p>ELIGIBILITY CHECK</p>	<p><b>22</b></p> <p>Raymond Rimkus from 8-9am                      Warm Up Run: 600m easy jog                      Stretches                      Running Drills:                      Skipping w/Straight-arms                      Skipping w/high knees                      Skipping w/quick down stroke                      Power skipping                      Core Training:                      Runners will be divided into groups by ability. 2 mile at an easy pace with sole objective of completing the distance without stopping.</p> <p>Finish with 5x50 m buildups</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>23</b>	<b>24</b>	<b>25</b> Warm Up Run: 600m easy jog Stretches Running Drills: Walking w/high knees Walking w/straight leg kick-up Running w/high knees Running w/butt-kick  1 Mile timed run  Finish with <i>5x50 m buildups</i>	<b>26</b>	<b>27</b> Warm Up Run: 600m total (400m easy jog, 100m steady pace, 100m fast pace) Stretches Running Drills: Walking w/high knees Walking w/straight leg kick-up Running w/high knees Running w/butt-kick Core Training: Whistle Workout: 15min non-stop 10min walk-jog-run sprint session: 1 whistle – walk 2 whistles – jog 3 whistles – run at steady pace 1 long whistle – sprint Cool Down: 400m jog, stretches	<b>28</b> ELIGIBILITY CHECK	<b>29</b>
<b>30</b>	<b>31</b>	<b>Notes:</b>				