

September 2016

September 2016						
◀ August 2016						October 2016 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9 Permission Slips go out during middle school lunches	10
11	12	13	14	15	16 Permission Slips/waivers due Eligibility check	17

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>18</p>	<p>19</p>	<p>20 Warm Up Run: 300m easy jog Stretches Running Drills: Walking w/high knees Walking w/straight leg kickup Running w/high knees Running Butt-kick Build Up Runs: Shuttle Run (5 x 50 m) Core Training: On 150 m loop, 100m at a comfortable pace, 50 m walking for 4 continuous loops Cool Down: Walk 150m followed by stretches (x3)</p>	<p>21</p>	<p>22 Warm Up Run: 300 m total 50 m easy jog, 50 m skipping (repeat 3 times) Stretches Running Drills: Skipping with straight-arm Skipping with high knees Skipping w/quick down stroke Power Skipping Build Up Runs: 5x50 meters Core Training: Repetition running 3x400 m at a steady pace with a 200m walk recovery in between Cool Down: Walk 150m, stretch</p>	<p>23 ELIGIBILITY CHECK</p>	<p>24</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>25</p>	<p>26</p>	<p>27 Warm Up Run: 300m easy jog Stretches Running Drills: Walking w/high knees Walking w/straight leg kickup Running w/high knees Running Butt-kick Build Up Runs: 4x 60m Core Training: 1x 300m, 1x800m, 1x300m at a steady pace, walk same distance, run for recovery Cool Down: Jog 400m, stretch</p>	<p>28</p>	<p>29 Warm Up Run: 300m total (100m easy jog, 50 m high knees, 100m easy jog, 50 m skipping) 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: Clover Relays (runners will be divided into teams; after they have selected their running order, each runner will go 100m out, turn around, run back to starting line and slap-hands of outgoing teammate. Cont. until each runner has run out-and-back 3-times and repeat). Cool Down: Jog 400m, stretch</p>	<p>30 ELIGIBILITY CHECK</p>	<p>Notes:</p>