

2018 - MHHS Cross Country Season Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>Sept 3</p> <p>Labour Day - No Classes</p>	<p>Sept 4 First Day of School</p>	<p>Sept 5 First Practice (Meet 2nd level on Track)</p> <p>Practice 4pm-5:45pm (MHHS)</p> <p>Warm-Up Core Injury Prevention</p> <p>Tech (within warm-up) -Arms/Posture -All A-Drill Progression</p> <p>Aerobic Long Run 4km -8km</p> <p>Foam Roll/Stretching</p>	<p>Sept 6 <i>Team Meeting Lunch in the Science Lab</i></p>	<p>Sept 7</p>	<p>Sept 8/Sept 9</p>
<p>Sept 10</p> <p>Practice 4pm-5:45pm (MHHS)</p> <p>Warm-Up Core Injury Prevention</p> <p>Tech (within warm-up) -Arms/Posture -All A-Drill Progression</p> <p>Aerobic Long Run 4km - 10km</p> <p>Foam Roll/Stretching</p>	<p>Sept 11</p>	<p>Sept 12</p> <p>Practice 4pm-5:45pm (MHHS)</p> <p>Warm-Up Core Injury Prevention</p> <p>Tech (within warm-up) -Arms/Posture -All A-Drill Progression</p> <p>Hill Workout (Toboggan Hill with loop - spikes)</p> <p>Foam Roll/Stretching</p>	<p>Sept 13</p> <p><i>Pep Rally: Highlighting Football and Cross Country</i></p>	<p>Sept 14</p>	<p>Sept 15/16</p>

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<p>Sept. 17</p> <p>Practice 4pm-5:45pm (MHHS)</p> <p>Warm-Up Core Injury Prevention</p> <p>Tech (within warm-up) -Arms/Posture -All A-Drill Progression</p> <p>Hill Workout (College Hill Loop with Bandshell loop)</p> <p>Foam Roll/Stretching</p>	<p>Sept 18</p>	<p>Sept 19</p> <p>Practice 4pm-5:45pm (MHHS)</p> <p>Warm-Up Core Injury Prevention</p> <p>Tech (within warm-up) -Arms/Posture -All A-Drill Progression</p> <p>Aerobic Long Run 4km - 12km</p> <p>Foam Roll/Stretching</p>	<p>Sept 20</p>	<p>Sept 21</p>	<p>Sept 22/23</p> <p><i>Eagle Butte Invitational Meet (Echo Dale)</i></p> <p>Sr. High events are scheduled in the morning; we will be done by 1:00pm</p>
<p>Sept 24</p> <p>Practice 4pm-5:45pm (MHHS)</p> <p>Warm-Up Core Injury Prevention</p> <p>Tech (within warm-up) -Arms/Posture -All A-Drill Progression</p> <p>8x100m Sprints</p> <p>Aerobic Long Run 4km - 12km</p> <p>Foam Roll/Stretching</p>	<p>Sept 25</p>	<p>Sept 26</p> <p>Practice 4pm-5:30pm (MHHS)</p> <p>Bottle Drive Blitz 5:30-7pm</p> <p>Warm-Up Core Injury Prevention</p> <p>Tech (within warm-up) -Arms/Posture -All A-Drill Progression</p> <p>Hills Workout (Toboggan Hill: Suicides using Spikes)</p> <p>Foam Roll/Stretching</p>	<p>Sept 27</p>	<p>Sept 28</p>	<p>Sept 29/30</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Sun Sept 30 CIBC Run for the Cure (Echo Dale) -Sign up online</p> </div>

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<p>Oct 1</p> <p>Practice 4pm-5:45pm (MHHS)</p> <p>Warm-Up Core Injury Prevention</p> <p>Tech (within warm-up) -Arms/Posture -All A-Drill Progression</p> <p>8x100m Sprints</p> <p>Aerobic Long Run 4km - 12km</p> <p>Foam Roll/Stretching</p>	<p>Oct 2</p>	<p>Oct 3</p> <p>Practice 4pm-5:45pm (MHHS)</p> <p>Warm-Up Core Injury Prevention</p> <p>10 x Bandshell loop @ 4:00 desc 1-5, hold holding best average 6-10 @ 3000m pace</p> <p>Foam Roll/Stretching</p>	<p>Oct 4</p>	<p>Oct 5</p> <p>No Classes - School District PD Day/Staff Meetings</p>	<p>Oct 6/7</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Sat Oct 6 - Water Run '18 (YMCA) - Sign up online</p> </div>
<p>Oct 8</p> <p>Thanksgiving Monday</p> <p>No Practice</p> <p>Aerobic Long Run 4km - 8km <u>MAX</u></p>	<p>Oct 9</p> <p>Practice 4pm-4:45pm (MHHS)</p> <p>Mental Skills</p> <p>Warm-up Core Injury Prevention Foam Roll/Stretching</p> <p>Team Potluck (4:45pm-6:15pm)</p>	<p>Oct 10</p> <p>South Zone Championships (Cardston)</p> <p>Leave at 8am</p>	<p>Oct 11</p>	<p>Oct 12</p>	<p>Oct 13/14</p>

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<p>Oct 15</p> <p>Practice 4pm-5:45pm (MHHS)</p> <p>Mental Skills:</p> <p>Warm-Up Core Injury Prevention</p> <p>Tech (within warm-up) -Arms/Posture -All A-Drill Progression</p> <p>Aerobic Long Run 6 km <u>MAX</u></p> <p>Foam Roll/Stretching</p>	<p>Oct 16 6-8:30pm P/S/T Interviews</p>	<p>Oct 17 4-6pm P/S/T Interviews</p> <p>Practice 4pm-5:30pm (MHHS)</p> <p>Mental Skills Warm-up Core Injury Prevention</p> <p>Tempo/Hills (Toboggan Hill—Spikes) -half way up the toboggan hill 2x</p> <p>-Focus on running the downhill fast</p> <p>Foam Roll/Stretching</p>	<p>Oct 18</p> <p>Rest Day -Please take the time to pack, get caught up on school and go to bed early!</p>	<p>Oct 19</p> <p>Travel Day - ASAA Provincials</p> <p>Drive to Vermilion</p> <p>Meet Warm-up</p> <p>Course walk/run through 4pm-5:30pm</p> <p>Get Provincial Shirts</p>	<p>Oct 20</p> <p>ASAA Provincials - Vermilion</p>
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