



## 2018 Landon Cross Country Preseason Schedule

### NOTES:

- Preseason practices will be held **Monday–Friday, August 20–24**, and **Monday–Friday, August 27–31**.
- We will run a scrimmage meet at Landon **Wednesday, August 29**, and hold a meeting for parents following the meet at 6 p.m. in the Team Room (lower level of the Barton Athletic Center).
- Please see below for each day’s meeting time and workout.

If you have any questions, please email me at [Tom\\_DiChiara@landon.net](mailto:Tom_DiChiara@landon.net). Thanks, and go Bears!

### MONDAY, AUGUST 20

- **8:30–10 a.m. at the baseball dugouts**
- 1-mile warmup, stretch, drills
- Progression Run
  - Varsity – 3 continuous campus perimeter loops, getting faster each loop
  - J.V. – 2 continuous perimeter loops, with the second faster than the first
- 1-mile cool down, stretch, core workout

### TUESDAY, AUGUST 21

- **8:30–10 a.m. at the baseball dugouts**
- 1-mile warmup, stretch, drills
- 30–40 minute run (moderate)
- Stretch, core workout

### WEDNESDAY, AUGUST 22

- **8:30–10 a.m. at the baseball dugouts**
- 1-mile warmup, stretch, drills
- Interval workout: 6 x 800 meters around the soccer fields
- 1-mile cool down, stretch, core workout

### THURSDAY, AUGUST 23

- **8:30–10 a.m. at the baseball dugouts**
- 1-mile warmup, stretch, drills
- 40 minute run (moderate)
- Barefoot strides on the soccer field
- Stretch

#### FRIDAY, AUGUST 24

- **8:30–10 a.m. at the baseball dugouts**
- 1-mile warmup, stretch, drills
- 1-mile time trial on the track (bring spikes or racing flats if you have them)
- Run the 5K cross country course easy
- Stretch, core workout

#### SATURDAY, AUGUST 25 & SUNDAY, AUGUST 26

- Take one of these days completely off; run easy for 40 minutes the other day.

#### MONDAY, AUGUST 27

- **4–5:30 p.m. at the baseball dugouts**
- 1-mile warmup, stretch, drills
- Interval workout: 8 x 600 meters around the soccer fields
- 1-mile cool down, stretch, core workout

#### TUESDAY, AUGUST 28

- **4–5:30 p.m. at the baseball dugouts**
- 1-mile warmup, stretch, drills
- 30-minute run (easy)
- Barefoot strides on the soccer field
- Stretch

#### WEDNESDAY, AUGUST 29

##### SCRIMMAGE MEET AT LONDON

- **3:30–5:30 p.m. at the baseball dugouts**
- **Race goes off at 4:45 p.m.**
- **Parent-coaches meeting in the Team Room (lower level of the Athletic Center) at 6 p.m. – athletes also welcome**

#### THURSDAY, AUGUST 30

- **4–5:30 p.m. at the baseball dugouts**
- 1-mile warmup, stretch, drills
- 30–40 minute run (moderate)
- Barefoot strides on the soccer field
- Stretch, core workout

#### FRIDAY, AUGUST 31

- **4–6 p.m. – Meet at baseball dugouts and take activity buses down to C&O Canal**
- 1/2-mile warmup, stretch, drills
- Hour of Power: 60-minute run out and back on the tow path
- Stretch
- Take buses to 7-11 for Slurpees, return to Landon by 6 p.m.

#### SATURDAY, SEPTEMBER 1–MONDAY, SEPTEMBER 3

- Take one of these days completely off; run easy for 45 minutes the other days.