

SPRING 2016		MONDAY <u>LOC: TRACK INTERVALS</u>	TUESDAY <u>LOC: DIRT TRACK STRENGTH/CORE</u>	WEDNESDAY <u>LOC: CAMPUS LONG DISTANCE</u>	FRIDAY (Remedial)
PHASE:1 25JAN- 15FEB	Cycle: 1 PT Leader: TK	<u>25JAN</u> 10 x 400m (A-1:35, B-1:45, C-1:55, 1:30 between reps)	<u>26JAN</u> 5 Rounds: in Pairs 15 Push Ups 20 Mountain Climbers 30 Sit Ups (hold feet) 10 Burpees 30 Leg Lifts (30 Minute Time Limit)	<u>27JAN</u> <u>Lassen to Nordoff</u> A: 28:00 B: 31:00 C: 35:00	<u>29JAN</u>
	Cycle: 2 PT Leader: Baker	<u>01FEB</u> 5 x 800m (A-3:05, B-3:20, 3:35)(1:45 between reps)	<u>02FEB</u> AMRAP (As many rounds as possible) 20 Pushups 20 Squats 20 Mountain Climbers 10 Burpees (minimum 4 rounds)	<u>03FEB</u> <u>Lassen to Nordoff</u> A: 27:45 B: 30:45 C: 34:45	<u>04FEB</u>
	Cycle: 3 PT Leader: Jones	<u>08FEB</u> 10 x 400 (A-1:30, B-1:40, C-1:45, 1:30 between reps)	<u>09FEB</u> 3 Sets: Partner Up 20 Push-Ups 20 Knees-to-Abs 5 Pull-Ups 15 Kettle Bell Swings 10 Kettle Bell Press (*Each Arm*)	<u>10FEB</u> 4 Lap AGR A: 8:30 B: 9:15 C: 10:00	<u>12FEB</u>
	Unload PT Leader: Garcia	<u>15FEB</u> NO PT - Presidents Day	<u>16FEB</u> Diagnostic APFT	<u>17FEB</u> <u>2 Lap AGR</u> A: 8:00 B: 8:45 C: 9:30	<u>19FEB</u>
Phase: 2 22FEB- 14MAR	Cycle: 1 PT Leader: Gore	<u>22FEB</u> 8 x 400m (A-1:20, B-1:30, C-1:40, 2:00 between sets)	<u>23FEB</u> Tabata: x8 Each Exercise 20s: Work/10s: Rest 1-Minute Rest Between Rounds 1. Push-Up 2. Burpees 3. Squat Jumps 4. Close-Grip Push-Ups 5. Jumping Lunges 6. Left-Side Plank 7. Right-Side Plank	<u>24FEB</u> Hill Parking Lot 6 Laps A-2:30 B-3:00 C-3:30	<u>26FEB</u>

	Cycle: 2 PT Leader: Mumma	<u>29FEB</u> 2x800-400-200-200 (A-3:00-1:25-:38, B-3:15-1:35-:42, C-3:35-1:45-:47, 1:30 between reps, 2:30 between sets)	<u>01MAR</u> AMRAP (As many rounds as possible) 25 Pushups 25 Squats 25 Mountain Climbers 5 Pulls-Ups 12 Burpees	<u>02MAR</u> 3 Lap AGR with Stairs A: 8:40 B: 9:30 C: 10:05	<u>04MAR</u>
	Cycle: 3 PT Leader: Malekza	<u>07MAR</u> 8 x 400m (A-1:18, B, 1:28, C-1:38, 2:00 between sets)	<u>08MAR</u> 3 Rounds 20 Jumping Jacks 20 Mountain Climbers 20 Bicycle Crunches 20 Russian Twist Death By Pushups 10 Minutes Start @ 3 +1 Every Minute	<u>09MAR</u> Hill Parking Lot 6 Laps A-2:25 B-2:55 C-3:25	<u>11MAR</u>
	Unload PT Leader: Jones	<u>14MAR</u> 1- Mile Run As Fast As Possible Mile Jog (8:00) 100m Sprints Competitions	<u>15MAR</u> 1-Min Pushups as many as possible 1-Min Situps as many as possible	<u>16MAR</u> 2 Lap AGR A: 7:40 B: 8:25 C: 9:10	<u>18MAR</u>
Phase: 3 21MAR-11APR	Cycle: 1	<u>21MAR</u> NO PT Spring Break	<u>22MAR</u> NO PT Spring Break	<u>23MAR</u> NO PT Spring Break	<u>25MAR</u> NO PT Spring Break
	Cycle: 2 PT Leader: Gore	<u>28MAR</u> 4x200-400-200 (A-:40,1:25, B-:43,1:30, C-:45, 1:35, :30 between reps, 2:00 between sets)	<u>29MAR</u> Dirt Track Circuit 2 Mins @ Each Station 1 Min transitions 1. 72M/42F Pushups 2. 30M/20fF Pullups 3. 78M/F Sit-ups 4. 50 Box Jumps 5. 100 Russian Twist 6. 30 Back Rows 7. 50M/30F Diamond Pushups 8. 100 Jumping Jack	<u>30MAR</u> Lassen to Nordhoff A: 25:00 B: 27:00 C; 30:00	<u>01APR</u>
	Cycle: 3 PT Leader: TK	<u>04APR</u> 3x (5x200) (A-:34, B:36, C-:40, 1:00 between reps, 2:00 between sets)	<u>05APR</u> Death by Everything <u>Pushups: 10minutes</u> Start @ 5 +1EveryMin <u>Situps: 10minutes</u> Start @10+2 EveryMin Pull-Ups: 10 Minutes Start @ 1 +1EveryMin	<u>06APR</u> 3 Lap AGR with Stairs A: 8:30 B: 9:20 C: 9:55	<u>08APR</u>

	Unload PT Leader: Mumma	<u>11APR</u> 2x200-400-200 (A-:40,1:25, B-:43,1:30, C-:45, 1:35, :30 between reps, 2:00 between sets) Mile Jog (8:00)	<u>12APR</u> 3 Rounds 15 Diamond Pushups 15 Situps 15 Leg Lifts 15 Reg Pushups 1 Lap Around Track 2 Minutes Pushups 2 Minutes Situps	<u>13APR</u> 2 Lap AGR A: 7:35 B: 8:15 C: 9:00	<u>15APR</u>
Phase: 4 18APR- 09MAY	Cycle: 1 PT Leader: Malekza	<u>18APR</u> SPRING LDX RECOVERY Pending NO PT	<u>19APR</u> Tabata: x8 Each Exercise 30s: Work/20s: Rest 1-Minute Rest Between Rounds 1. Push-Up 2. Burpees 3. Squat Jumps 4. Close-Grip Push-Ups 5. Jumping Lunges 6. Left-Side Plank 7. Right-Side Plank	<u>20APR</u> Trail Run Aliso Canyon: "CRM and Map pending from C/Mumma"	<u>22APR</u>
	Cycle: 2 PT Leader: Baker	<u>25APR</u> 800-2x400- 4x200 (A-2:50-1:10- :35, B-3:05-1:15- :37, C-3:20-1:20- :40, 2:00 recovery after 800, 1:30 after 400s & 200s	<u>26APR</u> Squad Relays Firemans Carry Bear Crawl Crab Walk High Crawl Wheel Barrow	<u>27APR</u> <u>3 Lap AGR</u> A: 7:40 B: 8:20 C: 9:05	<u>29APR</u>
	Cycle: 3 PT Leader: Gore	<u>02MAY</u> 2x200-400-200 (A-:40,1:25, B-:43,1:30, C-:45, 1:35, :30 between reps, 2:00 between sets) Mile Jog (8:00)	<u>03MAY</u> 3 Rounds 15 Diamond Pushups 15 Situps 15 Leg Lifts 15 Reg Pushups 1 Lap Around Track 2 Minutes Pushups 2 Minutes Situps	<u>04MAY</u> <u>2 Lap AGR</u> A: 7:35 B: 8:15 C: 9:00	<u>06MAY</u>
	Unload PT Leader: TK	<u>09MAY</u> Company Run	<u>10MAY</u> Sports PT	<u>11MAY</u> Sports PT	<u>13MAY</u>
FINALS	Finals Week	<u>16MAY</u> FINALS NO PT	<u>17MAY</u> FINALS NO PT	<u>18MAY</u> FINALS NO PT	<u>20MAY</u> FINALS