

Cross Country 2011 Fall Break Schedule

Thursday Oct 13	League Meet at Highlands Ranch High School Boys Open 3:30 Girls Open 3:33 Boys Varsity 4:00 Girls Varsity 4:30 Boys JV 5:00 Girls JV 5:05
Friday Oct 14	Do an E Pace run on your own Mustang 45 minutes Cardinal 40 minutes Gold 35 minutes
Saturday Oct 15	On your own, warm-up and stretch Alternate 10-minute segments E Pace, T Pace, E Pace, T Pace, E Pace
Sunday Oct 16	Take a day off and rest and relax
Monday Oct 17	On your own in the early afternoon 4-8 minute warm-up and stretch 4 X Pickups 3 X (6 minutes T Pace , 2 minute recovery jog) Cool down and stretch
Tuesday Oct 18	3:30 practice Meet at the McCabe's Meadow trailhead of the Cherry Creek Trail (across from the Methodist Church on Parker at the Pine stoplight) Sports Authority Stadium for clean-up after the soccer game
Wednesday Oct 19	3:30 practice Meet at the Hidden Mesa Trailhead of the Cherry Creek Trail (a mile south of PHS on the west side of Parker, south of Castle Oaks)
Thursday Oct 20	Regional Meet at Monument Valley Park Bus leaves PHS at 12:30 5A Girls 3:00 5A Boys 4:00 Awards 4:30 Bus returns to PHS about 7:00
Friday Oct 21	Do an E Pace run on your own Mustang 50 minutes Cardinal 45 minutes Gold 40 minutes 6:00 report time for football concession sales 9:00 report time for stadium clean-up after the football game (bring snow shovels and brooms)
Saturday Oct 22	On your own, warm-up and stretch Alternate 10-minute segments E Pace, T Pace, E Pace, T Pace, E Pace
Sunday Oct 23	Take a day off and rest and relax
Monday Oct 24	Practice at 3:30 as usual