

Sample Practice Plan-CCYO XC

CCYO XC members will experience fun every day, be coached in a positive way, and learn about distance running and sportsmanship.

6:00PM: Welcome & Usher to Warm-up Field

6:01PM: Transition Ritual (team hand shake, everybody get everybody)

6:02PM: 3 Step Warmup

1. Loosening: rolling the body's joints in circles. (2min)
2. Dynamic Stretching: stretching the muscles that will be used while moving (6min)
3. Drills: various skips, hops, bounds etc. aimed at improving general balance coordination, strength, and agility. (6min)

6:17PM: Water & Setup field, Explain rules, make teams (everyone drinks, thirsty or not)

6:22PM: Group Game (any game that keeps most students moving for 15-20 min)

6:42PM: Water & Explain the run, Route/Goal (everyone drinks, thirsty or not)

6:45PM: Long Run or a running Workout

7:14PM: Water & Coaches' education/ reminders (everyone drinks, thirsty or not)

7:15PM: Transition Ritual & Practice Adjourned

*Note: we will end early if possible but we will not end late. Parents, please arrive by 7:00PM. We will end between 7:00PM and 7:30PM everyday.