

Day		Time Schedule / Workouts / Events
Monday	9/26	<b>6:50am: Drill w/u + Circuit Lift</b> <b>3:30pm: Long Run, Abs + Back</b>
Tuesday	9/27	3:30pm: Medium, Build-ups, Lunges, Upper Body
Wednesday	9/28	6:50am: Shakeout + Strength Lift <b>3:50pm: 60-30s/Tempo, Hips</b>
Thursday	9/29	6:50am: Shakeout + Yoga 3:50: Medium, Strides, Lunges, Upper Body
Friday	9/30	3:30pm: Pre-Meet, Abs and Back. St Js #7: Free Throws <b>5:40pm: Carbo at WHS Culinary—Bring your stuff!</b> <b>SENIORS – gallon of milk/Gatorade, JUNIORS – 1 loaf of french bread, SOPHOMORES – 2 bags of salad, FRESHMEN – 64 oz. of sauce, MS – dessert</b>
Saturday	10/1	<b>9:45am: 3 Buses Leave for Willmar. Races start at 1:00. It is a rolling schedule starting with Girls Varsity, ending with Boys Middle School running for the Unofficial JH State Championship!</b>
Sunday	10/2	OFF / ACTIVE REST

**Freshmen:** Great races at Mustang for those healthy enough to run. Make sure you are caught up on Sleep.

**10-12:** 3 different meets in about 20 hours—way to be on top of things and come prepared. Great efforts at all 3 meets! Three wins and one 2<sup>nd</sup> place finish is solid.

**Reminders for All:**

- 1. Wear Clothes** to the Willmar meet that will keep you warm. The forecast is calling for a high in the 60s, but it will be about 50 when we leave. Bring extra gear for staying warm and for the way home.
- As the leaves start to fall, be careful with your footing in the woods and **STAY ON TRAIL** if you go in there. Bushwackers will be prosecuted to the full extent of the law or suffer from high ankle sprains.
- We are running into a few overuse injuries in these last few weeks, which is somewhat expected. Be smart with your training...better to miss a day or two now than a week or two later.

**Willmar Meet:** Varsity—coming off of a big win at Griak, we get to keep that momentum rolling. JV—Let's go for a 1-5 sweep! Remember, the top 2 in this race will likely be on the Conference Varsity Squad. MS—Willmar has a great crew of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders. They are looking forward to a Metro vs. Outstate showdown. Let's give them a race!

**Next Week:** We get to train through the week with the Conference Meet coming up. This week and next are probably the last top-quality week of training for most of you. Then we will start to back off a little and sharpen you up for the last two JV meets.

**Inspirational Quote:** *"With the End in Mind."*