

Day		Time Schedule / Workouts / Events
Monday	10/16	6:45am: JV Shakeout and Strength Lift 3:30pm: Varsity-Medium + strides + abs/back; JV Taper 200s + hips.
Tuesday *Meet at EMS by 3:45	10/17	6:45am: Varsity Shakeout and Strength Lift 3:45pm: Varsity—Hills + hips; JV 30' + strides, abs and back <u>MEET AT EAST MIDDLE SCHOOL</u> Joe Ross meet will be followed by Carbo.
Wednesday	10/18	3:30pm: JV 1600m Time Trial (5 th annual Coaches Fantasy XC Competition). Heats will be posted. Varsity 8, get out for a Medium + Lunges by 3:20 if you want to see the races.
Thursday No School: MEA Break	10/19	10:00am: Varsity: 1600 Intervals; JV-Medium + abs and back
Friday No School: MEA Break	10/20	10:00am: Medium-extras dependent upon training group, Circuit Lift
Saturday *Meet at Central MS	10/21	10:00am: Varsity Longish; JV taper 300s; extras will depend (CENTRAL MS)
Sunday	10/22	Varsity—OFF. JV—2-3 Miles + strides

Freshmen: Don't be dumb! Stay healthy, sleep, and eat like a champion. And get ready to throw down at Lefty Wright!

10-12: Great running at the Conference Meet. Keep it rolling.

Reminders for All:

1. Bring warm clothes for AM practices! It will typically be on the cooler side.
2. MEA Break Expectations: **If you are a varsity athlete, you are required to be at all MEA practices. If you are in town, you are expected to be at practice at Wednesday-Saturday.** However, if you are not a top runner, your family is leaving town, or if you have college visits planned, those will be excused absences. Make sure you follow the training plan in order to put yourself in a position to be at your best on Monday.

Conference Meet: Great to bring home the Varsity and JV title once again. We talked at length about this at practice—but it was a great effort. If we can line up racing strategy just a little bit better, you guys will be primed for Lefty Wright.

Next Week: Monday is the Lefty Wright Meet. Get pumped for the #6-Peat. Uniform turn-in will be later in the week—either Thursday or Friday.

Inspirational Quote: *“The cowards never started and the weak died along the way—that leaves us.”*

—Bill Bowerman.