

Day		Time Schedule / Workouts / Events
Monday	10/9	6:45am: Shakeout + Strength Lift 3:30pm: 400m Reps, Hips + Upper Body
Tuesday	10/10	6:45am: Shakeout + Yoga 3:30pm: Medium, Strides + Lunges
Wednesday	10/11	3:30pm: Pre-meet, Strides + Abs/Back
Thursday *Forecast-Sun and mid-60s. LAKE CONFERENCE CHAMPIONSHIPS @ GALE WOODS!	10/12	1:45pm: Varsity 12 Excused; Bus Leaves at 2:00 2:30pm: JV Excused; Bus Leaves at 2:45pm. 4:10pm: Boys Varsity Race 5:20pm: Boys JV Race 6:15pm: Awards
Friday	10/13	3:30pm: Medium, Strides + Abs/Back
Saturday	10/14	9:00am: Long-ish at Central Middle School
Sunday	10/15	OFF. Limit your active rest to non-impact activities such as walking or biking. No basketball, football, or soccer.

Freshmen: This week is your first Lake Conference Meet at Gale Woods. It is shaping up to a beautiful this week: have fun and enjoy the ride! Remember, this course IS going to be faster than Willmar!

10-12: This is almost to my favorite part of the season. You guys are fit, healthy or returning to health, and starting to get some speed in your legs. These next three weeks are what all the work has been building towards. Be smart with the little things.

Reminders for All:

Conference Meet: Be focused and ready. Do everything you can to be getting good sleep and eating right. On the varsity side, this is a chance to preview our top competition for the section meet in 2 weeks. Be aggressive and go for it. JV: We want as many top 20 spots as we can. Last year, we had 10 guys in the top 20. It took around a 17:54 to be in there. This year, we want to take a run at those same accomplishments and have multiple guys go after sub-17:00. If you get to 3k feeling good—get moving and take a risk!

Next Week:

JOE ROSS: Tuesday, we will meet at East Middle school for practice. After our workout, we will help with the Joe Ross middle school meet. Upon the conclusion of that meet, we will have our 3rd and final carbo. REMEMBER TO BRING YOUR FOOD!

MEA BREAK: If you are a **Varsity-9 guy, practice for you is required** Wed-Sat (3:30 on Wednesday, 9:30 Th-Sat). For everyone else, you are expected to be at practice if you are in town. However, family vacations, college visits, etc., will be excused from Thursday-Saturday.

Inspirational Quote: *First, do enough training. Then believe in yourself and say, I can do it. Tomorrow is my day. And then say, the person in front of me, he is just a human being as well; he has two legs, I have two legs. That is all. That is mentally how you prepare.* – Haile Gebrselassie