

Day		Time Schedule / Workouts / Events
Monday <u>*Everyone Meets at Softball Field pinwheel.</u>	8/14	8:00am: Varsity Only—Meet at 8:00 for Long Hills 8:30am: All JV—3200m Time Trial / Tryout on the track 8:30am: MS—workout on the fields 7:00pm: All are welcome for a shakeout run. PM Strength LIFT.
Tuesday	8/15	8:30am: V, JV, MS—Medium Recovery *St. John's Draft post-workout 7:10pm: Shakeout and Make-up. YOGA at 7:35.
Wednesday	8/16	8:30am: V, JV, MS— Long Run 7:00pm: Make-up. PM Circuit LIFT, Varsity gets lockers.
Thursday	8/17	8:30am: V, JV, MS—Medium Recovery + Build-ups 6:30pm: High School Parent Meeting in the Gym 7:10pm: Shakeout and Make-up. YOGA at 7:35.
Friday	8/18	8:30am: V, JV, MS—Pre-meet—20-30 minutes. Make-up Time Trials will be run on this day. St. John's Game 1: Frisbee Toss. **No pm practice. Volunteer Opp: Set up for Tri in Maple Grove.
Saturday	8/19	Alumni Meet at 10:02. Warm-up at 9:10. Be at the school between 8:30-8:45. 10:40: Awards. PM: Short evening run on your own.
Sunday	8/20	OFF—take someone or something for a walk.

Rookies: Running is hard. It will hurt. But the difficulty and soreness will fade. Keep at it and don't get discouraged! All the beasts that you see out here clicking off mile after mile without looking that tired started in the same place as you...some of them not too long ago. It takes time, but it'll come with patience and perseverance.

Vets: Last year, our focus was to come together more as a team. And while we will continue to build on that idea of team culture, the focus this year is nutrition. What can you put in your body to enhance recovery and provide the proper fuel? You look and feel fit because you are, but proper nutrition can give you an extra edge.

Reminders for All:

1. Your parents should join the **BOOSTER CLUB** to help support the program. Questions, contact Coach Popp.
2. Get to the parent meeting, especially those new to the program.
3. Eat Right and Sleep. Make sure you are showing up to practice well-nourished and rested. I would recommend eating very lightly about an hour to 90 minutes prior to practice. You should also be sleeping 8-9 hours nightly.

Next Week: We practice Monday-Saturday with no races. The **3-Winners Card Fundraiser is on Tuesday, August 22nd (THIS IS OUR ONLY FUNDRAISER...BE AVAILABLE FROM 5:00 TO 8:00)**; and the uniform handout / home run derby will be on Wednesday, 8/23 at 8:00/8:30am to be followed by the Home Run Derby.

Inspirational Quote: *Your body doesn't have the ability to turn garbage into a high quality product. All of your cells, muscles, skin, bones, and even your lungs are built by the food that you supply. Choose wisely.*