

Day		Time Schedule / Workouts / Events
Monday	10/30	<b>3:30pm: Varsity: Longish and Circuit Lift; JV: Tempo Run</b>
Tuesday <b>Varsity: No Trick-or-Treating. Get home, get to bed. End of story.</b>	10/31	6:50am: Shakeout and Yoga 3:30pm: Medium; Strides, Abs, Back
Wednesday	11/1	<b>3:30pm: Varsity 400s + hips; JV – 1600m TT or 400s</b>
Thursday	11/2	3:30pm: Varsity Medium; Strides and Lunges
Friday	11/3	2:15pm: Varsity 9 Excused from School. Mini Van Leaves @ 2:30 to run the course at St. Olaf. Carb upon return (5:45) at Coach Popp's house. 3:30pm: JV practice with Coaches Heeb/Ras/Hansen—60-30s.
Saturday <b>**Racers, bring substantial amounts of food for some post-race refueling.</b>	11/4	<b>8:00am: All athletes have arrived at the school.</b> <b>8:15am: Bus Leaves for St. Olaf and the State Meet.</b> <b>10:10am: Warm-up.</b> <b>10:43am: arrived at the line for pre-race check-in</b> <b>11:00am: Gun!</b> <b>11:16am: All runners finished.</b> <b>12:00pm: Awards</b>
Sunday	11/5	OFF. Limit your active rest to non-impact activities such as walking or biking.

#### Reminders for All:

1. We approach the State Meet week like we would any other week. Take care of business M-F, then crush it on Saturday.
2. Sleep, eat, and recover properly. Also the end of Term 1 coming up—stay on top of your studies!
3. Trust your training; believe in yourself; believe in each other.
4. **More than at any other point this year, you guys are ready to fire on all cylinders.**

#### Next Week:

Practice will continue with Kraig, Bill, AJ each day at 3:30pm, meeting in the new athletic classroom. He will provide you guys with a training schedule and trip itinerary on Monday. If you are going to NXR, that is a serious commitment to go down to Sioux Falls and run your best race of the season. It will be fun to watch all of you compete at least one more time.

#### Inspirational Quote:

*A lot of people run a race to see who is the fastest. I run to see who has the most guts, who can punish himself into exhausting pace, and then at the end, punish himself even more.*

—Steve Prefontaine