

Day		Time Schedule / Workouts / Events
Monday	10/1	3:30pm: Medium
Tuesday	10/2	3:30pm: V: Long; JV: Threshold
Wednesday	10/3	6:45am: Shakeout + Yoga 3:30pm: Medium
Thursday	10/4	3:30pm: V: Medium; JV: Long
Friday	10/5	6:45am: Shakeout + Strength Lift 3:30pm: V: 60-30s; JV: Medium
Saturday	10/6	9:00am: Meet @ CENTRAL MIDDLE SCHOOL. JV-Fartlek.
Sunday	10/7	Off / moving.

Freshmen: You guys competed well on the Willmar Course—that is a tough one. Gale Woods is also tough, but it will be faster. I really liked seeing so many guys running closer to our top kids in the grade. For a point of reference, look at what people did last year between Willmar, Conference, Lefty Wright, and NXR. It's a pretty sweet progression!

10-12: Awesome effort in Willmar. Solid in the varsity race competing against those other schools, but really impressive results out of the JV. There were so many guys breaking barriers that they haven't touched before, and on such a tough course. Griak was a great effort as well.

Reminders for All:

1. It looks like a mostly cool / wet week. Be sure to have enough clothing, preferably non-cotton material (better in the rain). Also, make sure you are getting your shoes dried out in between runs!
2. You need to be there on Saturday for practice. No lame excuses. Be there. And it will be cool.
3. We will not switch up Varsity/JV group designations this week due to a different training schedule last week. It is not a reflection of how people are racing, but instead a necessity to make sure you get the training you need.
4. This week, for many of you, is your last week of harder training. Remember, even on our easy days, there are things to be done in terms of approach, focus, and attitude that will make you better runners. After that, we back off and sharpen up for Conference and Lefty Wright. The best racing is yet to come.

Next Week: The CONFERENCE meet is Thursday at Gale Woods. We will have a Varsity 12 and a JV 98. The Varsity race could very well determine who our 7th man is for the Sectional Meet! The JV race will be a chance for us to go up against the JVs of one of the country's most quality XC conferences. Get ready to run fast.

Inspirational Quote: *"The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible. When you do that, you have dignity. You have the pride."* --Billy Mills