

Day		Time Schedule / Workouts / Events
Monday <i>*Everyone Meets at Softball Field pinwheel this week.</i>	8/13	8:00am: Varsity Only—Meet at 8:00 AT TRACK for Threshold 8:30am: All JV—3200m Time Trial / Tryout 8:30am: MS—workout on the fields 6:40pm: Potential Captain's Meeting (seniors only) 7:00pm: All are welcome for a shakeout run. PM Strength LIFT.
Tuesday	8/14	8:30am: V, JV, MS—Medium Recovery *St. John's Draft post-workout 7:10pm: Shakeout and Make-up. YOGA at 7:35.
Wednesday	8/15	8:30am: V, JV, MS— Long Run
Thursday	8/16	8:30am: V, JV, MS—Medium Recovery + Build-ups; St. John's Game 1: Frisbee Toss 6:30pm: High School Parent Meeting in the Auditorium 7:10pm: Shakeout and Make-up. YOGA at 7:35.
Friday	8/17	8:30am: V, JV, MS—Pre-meet—20-30 minutes. Make-up Time Trials will be run on this day. **No pm practice.
Saturday <i>*Meet on city Soccer Fields</i>	8/18	Alumni Meet at 10:02. Warm-up at 9:10. Be at the school between 8:30-8:45. 10:40: Awards. PM: OFF or Short evening run on your own.
Sunday	8/19	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! After a while, getting out for a run with your buddies will become your favorite part of the day. Practice each day will get done between 10:10 and 10:30 for most of you, depending on the workout.

Vets: You need to lock in your nutritional and rest habits. Make sure your body is getting good calories, stay hydrated, and develop a consistent bed time that you will be able to carry over into the start of school. We see so many kids get sick and hurt in those early weeks of September because they have not gotten themselves ready.

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. I would recommend eating very lightly about an hour to 90 minutes prior to practice. You should also be sleeping 8-9 hours nightly.
4. I am SO excited for practice to get going. Being able to all be together and working toward a common goal makes our sport so much better than it would be if you were forced to train alone.

Next Week: We practice Monday-Friday with our first meet on Saturday. The **3-Winners Card Fundraiser is on Tuesday, August 21st (THIS IS OUR ONLY FUNDRAISER...BE AVAILABLE FROM 5:00 TO 8:00)**; and the uniform handout / home run derby will be on Wednesday, 8/22 at 8:00/8:30am for uniform handout to be followed by the Home Run Derby. **Our FIRST MEET (St. Cloud) will be Saturday!**

Inspirational Quote: "My training is always enhanced when I share it." --Shalane Flanagan