

Day		Time Schedule / Workouts / Events
Monday 9 th GRADE RUNS FIRST! **Varsity: 10x300 @ Bassett Creek Park. Be there by 3:50 for your workout with Dr. J.	10/22	2:25pm: 9 th Bus leaves for Lefty Wright Grade Level (excused 2:10) 3:00pm: 10-12 Buses (2) leave for Lefty Wright Grade Level (excused 2:45) 4:00pm: 9 th Grade Race 4:55pm: 10 th Race 5:15pm 11 th /12 th Race
Tuesday TURN YOUR UNIFORM IN!	10/23	3:10pm: Uniform Turn-in FOR ALL GUYS BUT THE TOP 9 3:30pm: Varsity-Pre-Meet; JV-Medium; abs and back for both 4:00pm: MS Conference Championships @ Freeman Park
Wednesday	10/24	1:30pm: Varsity Leaves for Gale Woods (excused at 1:15)—Plan your lunch accordingly. 3:45pm: Boys Section 6AA XC Championships JV—OFF DAY—get out to watch the Section Meet! You may have to leave school at 3:00pm to do so.
Thursday	10/25	3:30pm: Varsity-Medium, Abs and back; JV Threshold and Hips
Friday	10/26	6:50am: AM XTrain and Strength Lift 3:20pm: <u>ALL CAPTAINS MEET IN ATHLETICS CLASSROOM</u> 3:30pm: Medium, Lunges and Planks
Saturday	10/27	9:30am: Varsity Threshold workout; JV-Longer
Sunday	10/28	OFF. Limit your active rest to non-impact activities such as walking or biking. No basketball, football, soccer, lawn mowing, or excessive leaf raking.

Freshmen: Lefty Wright is a Grade Level Meet—you guys are only running against freshmen and younger. You guys are a strong class, so we should be able to get the win. Last year's race had 283 finishers, we had 5 medalists (top 25)—I want to see that hardware doubled this year. Last year's winner was Otto Schreiner (8) from Edina in 17:15.

Sophs: Last year, you guys were beaten pretty soundly by EP's strongest grade in a long time. This year, a few of those kids are running varsity. That should open up the door for us to challenge them. We have seen a ton of progression from some of you guys this season—I would anticipate more than 5 of you finishing in the top 25! Last year's winner was Charlie Ernst in 17:16.

11/12: You guys are the last official JV race on the season. Close it out in style, and have some fun running fast together. I want you guys to beat the field, putting 12+ in the top 20. Last year's race had 193 finishers. We took 9 of the top 10 spots, including Cam Arkesteyn for the win in 16:42.

Reminders for All:

1. **Uniform Turn-In for all non-Varsity guys is on Tuesday at 3:10.** You need to turn in all school-issued apparel AND your lock if you are done training. If you are going to continue with us through NXR, keep the lock.
2. Get to bed. Eat right. Stay off your feet. Be selfish about being at your best in competition.
3. Love it—every step.

Lefty Wright / Sections: Trust your training. Trust yourself. Trust your teammates.

Inspirational Quote: ***“Act. Plan. Dream. Believe.”***