

Day		Time Schedule / Workouts / Events
Monday	10/29	3:30pm: Varsity-Longish; JV 1600 Time Trial (Heat Sheets Posted) Heat 1: 4:10pm Heat 2: 4:22pm
Tuesday	10/30	3:30pm: Medium; Strides, Abs, Back; JV
Wednesday	10/31	6:50am: Shakeout and Yoga 3:30pm: Varsity 400s; JV – OFF
Thursday	11/1	3:30pm: Medium; Strides and Lunges; JV – 60-30s
Friday	11/2	1:35pm: Varsity 9 Excused from School. Mini Bus Leaves @ 1:50 to run the course at St. Olaf. Carb upon return (5:30) at Coach Jahns's house. 3:30pm: JV practice with Coaches Heeb/Ras/Hansen – Medium; Strides and Lunges
Saturday	11/3	7:05am: All athletes have arrived at the school. 7:15am: Bus Leaves for St. Olaf and the State Meet. 9:10am: Warm-up. 9:43am: arrived at the line for pre-race check-in 10:00am: Gun! 10:16am: All runners finished. 11:00am: Girls Race 12:00pm: Awards JV – Fartlek Run on your own
Sunday	11/4	Varsity: OFF. Limit your active rest to non-impact activities such as walking or biking. JV: Medium on your own

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:

NXR training will continue with AJ, Bill, Greg, and/or Mark each day at 3:30pm. They 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