

Day		Time Schedule / Workouts / Events
<b>Monday</b>	8/27	7:00am: Varsity Training Group Long Run (contact me if you are not sure) 4:00pm: Main Practice ( <b>MEET INSIDE FITNESS ROOM THIS WEEK!</b> )
<b>Tuesday</b>	8/28	7:00am: Optional Shakeout Run followed by Yoga. 4:00pm: Medium; JV Longish. Abs/Back (400s for V training group @St. Olaf)
<b>Wednesday</b>	8/29	7:00am: Optional Shakeout Run, Varsity Strength Lift <b>4:00pm: V (Marshfield only) 400s on the Track; Hips and Upper Body; MS Workout on Fields; JV Pre-Meet followed by 9<sup>th</sup> grade tour!</b>
<b>Thursday</b> **HS Athletes, this is a required meet if qualified. However, you have nothing organized Saturday-Monday. On own.	8/30	7:30am: Marshfield 15—Medium; JV not racing St. Olaf—Long <b>8:15am: Bus Leaves for St. Olaf. Race is at 11:00 am.</b> We will be home by 1:30 or so. We will take some MSers this day—Coach Bartels will let you know.
<b>Friday</b>	8/31	<b>8:00am:</b> JV Med Recovery <b>Noon: Varsity Circuit Lift (time negotiable if you whiners want to complain)</b> <b>1:00pm: Varsity leaves for Marshfield, WI.</b>
<b>Saturday</b>	9/1	9:00am: <b>First race</b> goes at 9:30. We will be home by 5:30pm.  JV/St. Olaf Crew AND Middle School: No Official Practice. Get out for a medium run with some build-ups at the end.
<b>Sunday</b>	9/2	Medium Run + Strides. Abs and Back. Varsity Group OFF.
<b>Monday</b>	9/3	School starts tomorrow! JV Group: Off Day. We have a workout tomorrow. <b>Varsity Group: LONG with a teammate.</b>

**Rookies:** St. Cloud and St. Olaf are polar opposites and unlike most of our meets. On Thursday, there will be a ton of guys racing. Relax, run your race, and learn what it is to measure out your energy over a 3200 or a 5k course.

**Freshmen:** If you broke 23:30 at St. Cloud, you will be running at St. Olaf. That is an experience that I want the future of our team to have. Find each other and run a smart and hard race—you'll be fine. The weather looks great!

**10-12:** Exactly 15 of you will be headed to Marshfield, WI; the bulk of the rest will be competing at St. Olaf. As always, our rosters are fluid, so if you do not make the Marshfield trip, there will be later opportunities to move up through our ranks. Be patient and let your improvements come. Overall, be focused and set a good example this week.

**Reminders for All:**

1. Ask a coach if you are unsure of your racing assignment(s)
2. Pay attention to practice times—it is a crazy week!
3. Remember that practices during school will run later due to school start times. Adjust your schedules accordingly.

**Next Week:** Get excited for **Saturday Night Lights!** This will also be a St. John's Team Event, scored by heat. Also, school is starting. Get your sleep habits in line, pack a water bottle, and develop smarter heating habits.

**Inspirational Quote:** *In training, you listen to your body. In competition, you tell your body to shut up.*