

Day		Time Schedule / Workouts / Events
Monday	9/10	3:30pm: Long Run, Abs and Back
Tuesday	9/11	3:30pm: Medium, Buildups, Lunges, Planks
Wednesday	9/12	6:45am: AM Shakeout + Strength Lift 3:30pm: <b>60-60s, Hips</b>
Thursday	9/13	6:45am: AM Shakeout + Yoga 3:30pm: Medium, Abs and Back
Friday	9/14	3:30pm: St. Johns: Free Throws, Lunges, Pre-Meet <b>5:30pm: Carbo at CMS Cafeteria. Bring your assigned items!</b> <b>SENIORS – drinks, JUNIORS – 2 loaves of bread, SOPHS – 2 bags of salad &amp; bottle of dressing, FROSH – 2 jars of pasta sauce</b>
Saturday	9/15	<b>7:45am: Leave for EP Metro Invite. JV races @ 9:30; Varsity @ 10:40. MS will leave from CMS and arrive separately. They will race @ 11:45. Awards at 12:15. Home by 1:15. JV, plan to stay to watch the Varsity.</b>
Sunday	9/16	OFF for Everyone. Easy activity—nothing tiring.

**Rookies:** We are now 5 weeks into the season. It typically takes close to 6 weeks for your body to really adapt to new stresses (such as running or a specific type of training). You should be feeling consistently stronger on your runs. Be looking for some big drops in time for meets and practices. Many of you were way faster in the 3200 than you expected.

**Freshmen:** Week 2 of School--stay on top of your school work. Don't let your parents think, even for a second, that you can't do well in school and compete in XC. Study, Sleep, and Eat like a Champion.

**10-12:** Solid workouts last week followed up by a great night at SNL. We need to sharpen up on some little things still, however, and that responsibility largely falls on you guys.

#### Reminders for All:

1. You need to be safe when running on/off campus. Always be aware of your surroundings; unless you make eye contact with a driver, assume that they don't see you. We talk about this, but it's good to see it here too.
2. EAT shortly after any workout. It wouldn't hurt to keep a box of granola bars in your locker. Your body needs the nutrients to start the recovery process and help your muscles adapt to the stresses of running (which means you get faster). In addition timing, choose healthy fuel. Fruits and Veggies > Potato Chips
3. It is important for your body to recover. You can be somewhat active outside of practice and on off days, but you shouldn't be playing hours of basketball, beach volleyball, or whatever else. Keep it cool...so you can get faster.
4. Don't take any day, workout, or exercise for granted. Every day holds multiple opportunities to get better.

#### Attack the day.

**Next Week:** We have no High School meet on Saturday, but Saturday morning practice at CMS is still required.

**Inspirational Quote:** *"In running, as in life, you are what you are when nobody is watching."*