

Day		Time Schedule / Workouts / Events
Monday	9/17	3:30pm: Medium, build-ups, lunges and planks
Tuesday	9/18	6:45am: Shakeout and Strength Lift 3:30pm: <b>Threshold/Tempo, hips and push-ups</b>
Wednesday	9/19	6:45am: Shakeout and Yoga 3:30pm: Medium, strides, abs and back
Thursday	9/20	3:30pm: <b>Intervals (1000m-1600m), hips and push-ups</b>
Friday	9/21	3:30pm: Medium, strides, lunges and planks OR Circuit Lift
Saturday *Meet at CMS	9/22	<b>9:00am: Long on the Luce Line – Meet at Central MS! Required for HS runners.</b>
Sunday	9/23	OFF

**Rookies:** You are barely rookies anymore. The weather is going to cool off again this week, so get excited for workouts feeling easier in preparation for the last 4-5 weeks of racing! Also, SLEEP.

**Freshmen:** Great job the tail end of this week in practice—much better focus and execution of the little things. Awesome performances at EP given the heat.

**10-12:** Keep being leaders for that younger crew. Make sure we are all staying safe out on the roads, and drive like a reasonable human to and from school.

#### Reminders for All:

1. A ton of sickness is going around in school right now. If you are sick but still in school, talk to a coach before you leave for the day. Wash your hands, don't share water bottles, etc. The last thing we want is sickness spreading throughout our team. If you are worn down / recovering, discuss AM practice with a coach as well if that is a normal thing for you.
2. With #1 in mind, eat right, stay hydrated, sleep a lot. That will help you fight off illness.
3. **It is probably time for a new pair of shoes!**

**Next Week:** We all compete next Saturday, either at Willmar or Griak.

**Inspirational Quote:** *[Extras], good sleep, hygiene, a clean diet, hydrating through the day, etc. are all optional. So is being good. –Jay Johnson*