

Day		Time Schedule / Workouts / Events
Monday	9/24	3:30pm: Varsity—Cruise 1000s. JV-Medium, Abs and Back
Tuesday	9/25	3:30pm: Varsity-Medium. Tempo / 60-30s, Hips
Wednesday	9/26	6:45am: Shakeout + Yoga 3:30pm: Medium, Lunges and Planks
Thursday	9/27	6:45am: Shakeout + Strength Lift 3:30pm: 300s, Hips
Friday	9/28	3:30pm: Pre-Meet, Abs and Back. St Js? Free Throws 5:40pm: Carbo at WHS Culinary—Bring your stuff!
Saturday	9/29	9:45am: 3 Buses Leave for Willmar with 90% of our HS team and 20 MSers. Races start at 1:00. It is a rolling schedule starting with Girls Varsity, ending with Boys Middle School running for the Unofficial JH State Championship!  10:20am: Varsity 10 Leave for Griak. Race at 1:05 (Girls race at 1:55).
Sunday	9/30	OFF / ACTIVE REST

**Freshmen:** You guys are shaping up into a nice class. This was another week of better focus—we also got some really good training in. Keep up on your sleep and make sure you are eating properly.

**10-12:** You guys did pretty well in adjusting to the weather / changes last week. I am particularly looking forward to seeing what you guys can accomplish this week. Now that we are 7 weeks into the season, we should see some really good performances. Especially at Willmar, it will be fun to compare you guys to where you were a year ago!

#### Reminders for All:

1. **Wear Clothes** to meets to stay warm. The high on Saturday is supposed to be mid-50s, with lows the night before around 40. That is awesome XC weather, especially if you come prepared. No t-shirts and shorts for race prep!
2. As the leaves start to fall, be careful with your footing in the woods and STAY ON TRAIL if you go into the woods. Bushwackers will be prosecuted to the full extent of the law or suffer from high ankle sprains. Either way, you have to hang out more with Coach Jahn.
3. We are running into a few overuse injuries in these last few weeks, which is somewhat expected. Be smart with your training and communicate with the coaching staff...better to miss a day or two now than a week or two later.

**Willmar Meet:** Our 11-20 is going to try to compete with other teams' top line-ups. A top 5 finish would be great as a team. On the JV side, our depth should still put us in position to win! And of course, MSers, let's bring it home!

**Griak:** We get to see the best teams in the Heartland Region...it should be a great time.

**Next Week:** We get to train through the week with the Conference Meet coming up. This week and next are probably the last top-quality week of training for most of you. Then we will start to back off a little and sharpen you up for the last two JV meets.

**Inspirational Quote:** "It's only September." --Bill Miles