

Day		Time Schedule / Workouts / Events
Monday	10/8	3:30pm: V--400m Reps, Hips + Upper Body; JV—Medium
Tuesday	10/9	6:45am: Shakeout + Yoga 3:30pm: V--Medium, Strides + Lunges; JV—300m Reps, Hips
Wednesday	10/10	3:30pm: Pre-meet, Strides + Abs/Back
Thursday *Forecast-clouds / 42 LAKE CONFERENCE CHAMPIONSHIPS @ GALE WOODS! (no dogs allowed)	10/12	1:45pm: Varsity 12 Excused; Bus Leaves at 2:00 2:45pm: JV Excused; Bus Leaves at 3:00pm. 4:10pm: Boys Varsity Race 5:20pm: Boys JV Race 6:15pm: Awards
Friday	10/13	3:30pm: Medium, Strides + Abs/Back
Saturday	10/14	9:00am: Long or Long-ish at Central Middle School
Sunday	10/15	OFF. Limit your active rest to non-impact activities such as walking or biking. No basketball, football, or soccer.

Freshmen: This week is your first Lake Conference Meet at Gale Woods. Have fun and enjoy the ride! Remember, even if it is soggy, this course IS going to be quick—get after it!

10-12: This is almost to my favorite part of the season. You guys are fit, healthy or returning to health, and starting to get some speed in your legs. These next three weeks are what all the work has been building towards. Be smart with the little things, especially not staying cold and wet post-running.

Reminders for All:

Conference Meet: Be focused and ready. Varsity, we will talk on Tuesday. JV: We want as many top 20 spots as we can. Last year, we had 11 guys in the top 20. It took around a 18:02 to be in there. This year, we want to take a run at those same accomplishments and have multiple guys go after sub-17:00. If you get to 3k feeling good—get moving and take a risk!

Weather Alert: It is supposed to be cooler and rainy on M/T/W—make sure you dress appropriately for practice and dry off / warm-up shortly thereafter. You won't get sick by doing a workout in that weather, but you may by not taking care of things after. Thursday projects a HIGH of 42 degrees with cloud cover. That is great for racing, but it is not particularly warm. Wear layers/hats/gloves—some of you will even want them for racing.

Next Week:

JOE ROSS: Monday, we will meet at East Middle school for practice. After our workout, we will help with the Joe Ross middle school meet. Upon the conclusion of that meet, we will have our 3rd and final carbo. REMEMBER TO BRING YOUR FOOD!

MEA BREAK: If you are a **Varsity-9 guy, practice for you is required** Wed-Sat (3:30 on Wednesday, 9:30 Th-Sat). For everyone else, you are expected to be at practice if you are in town. However, family vacations, college visits, etc., will be excused from Thursday-Saturday.

Inspirational Quote: *There will come a point in the race when you alone will need to decide. You will need to make a choice.*