

Day		Time Schedule / Workouts / Events
Monday	9/3	Labor Day. No Practice. You should have run 2/3 days on Sat-Mon. Varsity, long on your own BEFORE Noon.
Tuesday (first day of school)	9/4	3:30pm: JV Threshold ; Varsity Medium *Meet in Fitness Room for all practices unless otherwise noted (Middle School Practice is always at Central, following school, unless otherwise noted. It should finish by 5:30 most days, though there may be a few longer days on the schedule)
Wednesday	9/5	6:45am: Shakeout + Strength Lift 3:30pm: Medium Run, Build-ups + Lunges; Varsity Threshold at French.
Thursday	9/6	6:45am: Shakeout + Yoga (Shakeout + Strength Lift for JV Lifters) 3:30pm: JV 400s + Hips and Upper Body. Varsity Medium + Builds.
Friday	9/7	3:30pm: TEAM PICTURES 3:30 @ Stadium. Forms available in the locker room. Followed by pre-meet run and circuit lift.
Saturday	9/8	6:00pm: SATURDAY NIGHT LIGHTS Check online for heat sheets. 7:00pm: Middle School Heats 1-3 7:30pm: JV 3200 Heats 1-3 8:15pm: Varsity 3200 + Hips and Upper Body
Sunday	9/9	OFF.

Rookies: Now that your first race (or two, or three!) is under your belt, it is time to look at improving. How can you run a smarter race? Can you run harder? Can you kick sooner? You will get a chance on Saturday night to run fast (MS 1600 or HS 3200)—enjoy the atmosphere and the competition with your teammates.

Freshmen: Week 1 of School-- Homework and grades both matter in HS—you do not really get to do things on your schedule. So stay on top of things. Because you are an XC athlete, you may have to sacrifice other things you like to do (video games, hanging with friends on the weeknights, TV, managing professional fantasy sports franchises). The one thing you CANNOT sacrifice is sleep and nutrition.

10-12: Smart running at both meets last week. Things are looking great so far, but we still need improvement.

Reminders for All:

1. SLEEP. That is all.
2. SNL is a great time for all high school and middle school runners...invite your family and friends!
3. Our Varsity edged Stillwater at Marshfield, while the JV won handily, and the St. Olaf JV beat a large number of Varsity squads on Friday. However, no one is willing to just roll over and concede anything to us—we are successful because we have a culture of hard work and accountability. Keep it up!

Next Week: EP Metro Invite (Carbo at CMS on Friday evening)

Inspirational Quote: *"Don't let anybody tell you you're not ready, or you're not fast enough, or you can't do it...even when it's yourself."* --David Torrence