

Day		Time Schedule / Workouts / Events
Monday	10/14	3:30pm: Threshold (Varsity – Track, JV – Grass)
Tuesday	10/15	3:30pm: Medium (checkpoint)
Wednesday	10/16	3:30pm: JV – 5-4-3-2-1; Varsity Medium
Thursday No School: MEA Break	10/17	9:30am: Varsity – 5-4-3-2-1, JV Medium
Friday No School: MEA Break	10/18	9:30am: Medium (checkpoint)
Saturday *Meet at Central MS	10/19	9:30am: Varsity Fartlek on the Luce Line, JV 8-10 x 300s
Sunday	10/20	Varsity—OFF. JV—2-3 Miles + strides (Meet Prep)

Freshmen: Stay healthy, sleep, and eat like a champion. And get ready to throw down at your last meet.

10-12: As we talked about in practice last week, we collectively performed well last week at the Conference Meet. This week is not the time to lose focus. Stay locked in to the details: do things in the right way before, during, and after runs.

Reminders for All:

1. Bring warm clothes for AM practices! Even if the forecast looks nice, it is typically pretty cool in the morning.
2. MEA Break Expectations: **If you are a varsity athlete, you are required to be at all MEA practices. If you are in town, you are expected to be at practice at Thursday-Saturday.** However, if you are not a top runner, your family is leaving town, or if you have college visits planned, etc., those will be excused absences if you check in with a coach first. Make sure you follow the training plan in order to put yourself in a position to be at your best on Monday at Lefty Wright. We will meet later in the week to break down how the field will look in each of those JV races.

Next Week: Monday is the Lefty Wright Meet. Get pumped. Uniform turn-in will be the following day right after school. Also, on Thursday of next week, we will tentatively plan to have the 7th Annual Fantasy Cross Country 1600m Time Trial. I won last year pretty convincingly, Coach Ras had his highest finish ever (2nd), and Coach Hansen was so excited to beat Heeb, it was like he had won.

Inspirational Quote: *“Don’t give anything away. Never make it easy for the guys you are trying to beat.”*

–Bill Bowerman.