

Day		Time Schedule / Workouts / Events
Monday	9/30	3:30pm: Medium
Tuesday	10/1	6:45am: Shakeout + Lift 3:30pm: Threshold
Wednesday	10/2	3:30pm: Medium
Thursday	10/3	3:30pm: Medium + Balanced Strength
Friday	10/4	3:30pm: 60-30s
Saturday	10/5	9:00am: Longish. Meet at Central Middle School!
Sunday	10/6	Off / moving.

Freshmen: You guys competed well on the Willmar Course—that is a tough one. That tough second mile and the rolling hills really makes it hard to maintain. With a few more weeks of training in the books and the less demanding Gale Woods course, you guys will be ready to roll at the Conference meet next week.

10-12: Solid performance in the varsity race at Willmar competing against those other schools—we had a few guys mixing it up with the 5th man of each of the four teams in front of us. We really had impressive results out of the JV. With our 19-26, we were within a few points of a win there. Griak did not go how we wanted; however, we get a few more chances to stack up against four of the top ten teams in the state in the coming weeks. Stay positive, keep working, and it will be there.

Reminders for All:

1. Aside from Monday, it is a cooler and potentially wet week. Be sure to have enough clothing, preferably non-cotton material (better in the rain). Also, make sure you are getting your shoes dried out in between runs!
2. HS—NO TRACKING MUD into the school. If the woods are muddy, stay out. If your shoes have mud, clean them up outside over a grassy surface.
3. You need to be there on Saturday for practice. No lame excuses. Be there.
4. This week, for many of you, is your last week of harder training. Remember, even on our easy days, there are things to be done in terms of approach, focus, and attitude that will make you better runners. After that, we back off and sharpen up for Conference and Lefty Wright. The best racing is yet to come.

Next Week: The CONFERENCE meet is Thursday at Gale Woods. We will have a Varsity 12 and a JV 81 – between Willmar and Griak, we had 42 of those 93 go sub-20:00. At Gale, we want at least 50. Additionally, the Varsity race could very well determine who our 7th man is for the Sectional Meet. The JV race will be a chance for us to go up against the JVs of one of the country's most quality XC conferences. Get ready to run fast and be aggressive!

Inspirational Quote: *“The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible. When you do that, you have dignity. You have the pride.” --Billy Mills*