

Day		Time Schedule / Workouts / Events
Monday	10/28	3:30pm: Varsity – Long; JV 400s
Tuesday *UNIFORM TURN-IN!!!!	10/29	3:10pm: UNIFORM TURN-IN followed by Medium Run
Wednesday	10/30	3:30pm: Varsity 400s; JV Long
Thursday Varsity: No Trick-or-Treating. Get home, get to bed. End of story.	10/31	3:30pm: Varsity Medium; Strides and Lunges; JV
Friday	11/1	1:30pm: Shuayb + 7 non-varsity returners depart for St. Olaf 3:30pm: JV practice with Coaches Heeb/Ras/Hansen—60-30s.
Saturday **Racers / workout, bring substantial amounts of food for some post-race refueling.	11/2	8:00am: Van Leaves with Shuayb and Varsity through Max 10:00am: Girls Race 10:10am: Warm-up. 10:43am: arrived at the line for pre-race check-in 11:00am: Race! 11:20am: 60-30s for non-racers 12:00pm: Awards
Sunday	11/3	OFF. Limit your active rest to non-impact activities such as walking or biking.

Reminders for All:

1. Sleep, eat, and recover properly. Also the end of Term 1 coming up—stay on top of your studies!

Next Week:

NXR training will continue with AJ, Greg, and/or Mark each day at 3:30pm. They will provide you guys with a training schedule and trip itinerary on Monday. If you are going to NXR, that is a serious commitment to go down to Sioux Falls and run your best race of the season. It will be fun to watch all of you compete at least one more time.

Inspirational Quote:

A lot of people run a race to see who is the fastest. I run to see who has the most guts, who can punish himself into exhausting pace, and then at the end, punish himself even more.

–Steve Prefontaine