

Day		Time Schedule / Workouts / Events
Monday	8/26	3:30pm: Main Practice – Long Run
Tuesday	8/27	7:00am: Optional Shakeout Run followed by Yoga (or strength lift for a few). 3:30pm: Medium; Abs/Back (400s for St. Olaf racers & JV)
Wednesday **Pictures = BRING UNIFORM	8/28	7:00am: Optional Shakeout Run, Varsity Strength Lift 3:30pm: V (Marshfield only) 400s on the Track; Hips and Upper Body; MS Workout on Fields; JV (St. Olaf) Pre-Meet followed by 9th grade tour!
Thursday **HS Athletes, this is a required meet if qualified. However, you have nothing organized Saturday-Monday. On own.	8/29	7:30am: Marshfield 14-15—Medium; JV not racing -- practice 8:15am: Bus Leaves for St. Olaf. Race is at 11:00 am. We will be home by 1:30 or so. We will take some MSers this day—Coach Bartels will let you know.
Friday	8/30	8:00am: JV Med Recovery with Coach Ras Noon: Varsity Lift (time negotiable if you whiners want to complain) 1:00pm: Varsity leaves for Marshfield, WI.
Saturday	8/31	9:00am: First race goes at 9:30. We will be home by 5:30pm. JV/St. Olaf Crew AND Middle School: No Official Practice. Get out for a medium run with some build-ups at the end.
Sunday	9/1	Medium Run + Strides. Abs and Back. Varsity Group OFF.
Monday	9/2	School starts tomorrow! Off Day. We go long tomorrow. Varsity Group: You may go long today!

Rookies: St. Cloud and St. Olaf are polar opposites and unlike most of our meets. On Thursday, there will be a ton of guys racing. Relax, run your race, and learn what it is to measure out your energy over that 5k course.

Freshmen: If you broke 25:00 at St. Cloud, you will be running at St. Olaf. That is an experience that I want the future of our team to have. Find each other and run a smart and hard race—you'll be fine. The weather looks great!

10-12: Exactly 15 of you will be headed to Marshfield, WI; the bulk of the rest will be competing at St. Olaf. As always, our rosters are fluid, so if you do not make the Marshfield trip, there will be later opportunities to move up through our ranks. Be patient and let your improvements come. Overall, be focused and set a good example this week.

Reminders for All:

1. Ask a coach if you are unsure of your racing assignment(s)
2. Pay attention to practice times—next week, we will start to get into an actual routine.
3. Remember that practices during school will run later due to school start times. Adjust your schedules accordingly.

Next Week: Get excited for **Saturday Night Lights!** This will also be a St. John's Team Event, scored by heat. Also, school is starting. Get your sleep habits in line, pack a water bottle, and develop smarter heating habits.

Inspirational Quote: Start by doing what is necessary; then do what's possible; and suddenly you are doing the impossible.

Marshfield Roster

1. Drake Young
2. Shuayb Hussein
3. Henry Oswald
4. Blake Hayden
5. Connor von Holdt
6. Abdi Robleh
7. Joel Ostapeic
8. Caden Karn
9. Max Albright
10. Noah Kaster
11. Sean Sticha
12. Nick Cichoski
13. Alex Foss
14. Arnav Desai
15. Hamza Mohamed

