

Day		Time Schedule / Workouts / Events
Monday	9/2	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)	9/3	3:30pm: JV Threshold ; Varsity Medium *Meet in GYM 6 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	9/4	6:45am: Shakeout + Strength Lift 3:30pm: Medium Run, Build-ups + Lunges; Varsity Threshold at French.
Thursday	9/5	6:45am: Shakeout + Yoga 3:30pm: JV Long + Hips and Upper Body. Varsity Medium + Builds.
Friday	9/6	3:30pm: Pre-meet; St. John's FTs.
Saturday	9/7	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	9/8	OFF.

Rookies: Think about the following: 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: It is the first week of school. Homework and grades both matter in HS—school needs to always be a major priority. And because you are an XC athlete, that means you will typically have about four hours in the evening to eat dinner, be home with your family, do schoolwork, and whatever else is on the menu for that night. 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: I have been impressed with how you guys have executed so well in both workouts and races. That goes a long way towards ensuring that we benefit the most in terms of training effect—it also consistently puts us in positions to have great races. Keep it up!

Reminders for All:

1. SLEEP. Get used to the new schedule.
2. SNL is a great time for all high school and middle school runners...invite your family and friends!

Next Week: EP Metro Invite (Carbo at WHS 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

Week 4 Varsity Training Group: Hussein, Young, von Holdt, Hayden, Oswald, Abdi, Ostapeic, Caden K., Mohamed, Albright, Kaster, Sticha, Desai, Foss, Cichoski, Hutchinson, Yurevich, Boston, Allen, Hanold