

Day		Time Schedule / Workouts / Events
Monday	9/9	3:30pm: Medium Run, Build-ups
Tuesday	9/10	6:45am: AM Shakeout + Lift 3:30pm: 60-60s, Hips
Wednesday	9/11	3:30pm: Medium Run, abs and back
Thursday	9/12	3:30pm: Longer Run, hips
Friday	9/13	3:30pm: Pre-meet (Varsity lift) 4:30pm: Coach Timm 5:15pm: Carbo at WHS Cafeteria. Bring your assigned items!
Saturday	9/14	7:45am: Leave for EP Metro Invite. JV races @ 9:30; Varsity @ 10:40. MS will leave from CMS and arrive separately. They will race @ 11:45. Awards at 12:15. Home by 1:15. JV, plan to stay to watch the Varsity.
Sunday	9/15	OFF for Everyone. Easy activity—nothing tiring.

Rookies: We are now 5 weeks into the season. It typically takes close to 6 weeks for your body to really adapt to new stresses (such as running or a specific type of training). You should be feeling consistently stronger on your runs. Be looking for some big drops in time for meets and practices. Many of you were way faster in the 3200 than you expected.

Freshmen: Week 2 of School--stay on top of your school work. Don't let your parents think, even for a second, that you can't do well in school and compete in XC. Study, Sleep, and Eat like a Champion.

10-12: I saw a lot of good things related to timing the warm-up, drills, and strides in preparation for Saturday's race. In heats 2, 3, and 4 specially, that high level of focus translated into three really well-executed races. Great work!

Reminders for All:

1. You need to be safe when running on/off campus. Always be aware of your surroundings; unless you make eye contact with a driver, assume that they don't see you. We talk about this, but it's good to see it here too.
2. EAT shortly after any workout. It wouldn't hurt to keep a box of granola bars in your locker. Your body needs the nutrients to start the recovery process and help your muscles adapt to the stresses of running (which means you get faster). In addition timing, choose healthy fuel. Fruits and Veggies > Potato Chips. Avoid eating the burger line at school every day...gross.
3. **Keep attacking every day.** No matter the workout, there is always something we can do to get better.

Next Week: Milaca Mega Meet for a high percentage of our team.

Inspirational Quote: "You gotta be snotty nose tough!" --Roy Griak