

IF YOU MISSED THE ZOOM CALL THE OTHER MORNING, MAKE SURE YOU CHECK YOUR EMAIL AND CHECK IN WITH YOUR POD COACH!

REVISED WEEK 3 SCHEDULE

Wednesday-Practice is ON	9/2	4pm: Normal meeting locations. NO SHARING RIDES BETWEEN PODS. In the rare case that sharing is a necessity with a pod-mate: windows down, mask up.
Thursday	9/3	4pm: Workout
Friday *No teacher workshop	9/4	8:30am: Medium
Saturday	9/5	Long on Own
Sunday	9/6	OFF—take someone or something for a walk.

Reminders for All:

1. Wake up, every day, to keep improving and get better. Workout, medium run, extras, etc...it does not matter. Everything we do makes you a better athlete. And the more you put into it, the more you will get.
2. Keep your body on a schedule. Get up, eat some food, wait a while, and get your training in for the day.
3. LOG YOUR WORKOUTS – there is no way for us to no as coaches what you are ready for and whether or not you can even race a 5k if we cannot evaluate your training.
4. The weather looks great this week, so be sure to take advantage. All the workouts are still structured for you to do successfully and alone. Do not be afraid to push yourself—you can bust off the rust with a great practice session almost as well as you can with a meet.
5. **BOOSTER BLITZ!** We are in a wait-and-see approach here. I'll have an email out to you guys during the week on this. Again, no door to door and no sales outside your family's existing circle.
6. If it is not a financial hardship, your parents should join the **BOOSTER CLUB** to help support the program. Questions, contact Coach Popp.
7. We are looking into picture make-ups.

Next Week: We are on track to compete in a triangular vs. Edina and Buffalo on Wednesday at Gale Woods. Start time will be 4-ish.
