

Day		Time Schedule / Workouts / Events
Monday	9/28	3:45pm: Workout day: 60-30s or Hills (Green), Threshold (Blue/Red/Orange)
Tuesday	9/29	3:45pm: Medium
Wednesday	9/30	3:45pm: Longish (Green), Medium + light 200s (Blue/Red/Orange)
Thursday	10/1	3:45pm: Medium + light 200s (Green); Pre-meet (Blue/Red/Orange)
Friday: 1600m Time Trial	10/2	3:45pm: Pre-meet (Green) 7:00pm: Time Trial (first race) begins on the WHS track (Blue/Red/Orange)
Saturday: Conference Meet Spectator Policy	10/3	8:20am: Bus leaves for Gale Woods. 10:00am: Conference Meet TBD am: Medium recovery @ CMS (Blue/Red/Orange)
Sunday	10/4	OFF—take someone or something for a walk.

Reminders for All:

1. Athletes, your health is the most important thing to us. Remember that you have multiple coaches, counselors, social workers, and teammates who can help see you through. In tough times especially, it is ok to lean on this system for support.
2. **Attendance:** please remain in communication with POD coaches about any upcoming misses. Those coaches are the ones who have daily interactions with athletes.
3. **It's going to be cooler** this week – make sure you have extra layers with you in your bags or on you when you arrive at practice each day. Have dry clothes to throw on following your runs. Bring more than you think you'll need!!
4. **Time Trial schedule for Friday will be posted later in the week on the website. It will be similar to our last time trial. Each pod will be run in 2 heats.**

COVID REMINDERS

- **Monitor your health.** If you have any signs / symptoms of Covid – 19, or have been exposed directly or indirectly to an infected person, be sure to let the coaches know immediately via email or phone, and then wait for clearance to attend practice. There is not one day of this season that is so important that you cannot miss it. There is not one day that is worth compromising the health of your teammates, coaches, and their families.
- **Keep your distance.** We want small groups of individuals during ALL running / extra activities.
- **Facility Usage** is going to be extremely minimal. Athletes should also take care of any bathroom needs *prior* to arriving at practice, AND ESPECIALLY prior to our meets. You do NOT go in the building during practice time, or even attempt to do so.