

| Day | | Time Schedule / Workouts / Events |
|-----------|-------|--|
| Monday | 10/5 | 3:45pm: Green / Yellow – Medium; Blue / Red / Orange: 400s |
| Tuesday | 10/6 | 3:45pm: Green / Yellow – workout; JV -- Medium |
| Wednesday | 10/7 | 3:45pm: Practice |
| Thursday | 10/8 | 3:45pm: Green 8 Meet at French; everyone else normal time / place. |
| Friday | 10/9 | 3:45pm: Practice |
| Saturday | 10/10 | 9:00: Practice at Central |
| Sunday | 10/11 | OFF—take someone or something for a walk. |

All non-top 8 (or 9) runners: We are looking at a Time Trial either Saturday, Monday, or Tuesday prior to MEA, depending on track availability. Most likely, this next effort will be a 3200. After MEA, assuming there is still a little runway on our season, we will try to hit a 1600. That is the tentative plan, but it could change depending on a variety of factors. Remember, if you are still practicing with us, we expect you there every day.

Varsity 8: We will go Tuesday / Thursday as our workout days, with a long-ish effort on Saturday. The varsity 8 from Conference is now its own pod for everything. No intermixing with Yellow, Blue, Red, or Orange.

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:** only those Blue/Red/Orange who have committed to being here daily the rest of the way should be at practice from now on.
3. **It's going to be warmer** this week – make sure you are staying hydrated throughout the day so you can be ready to run / recover in the afternoon and evening.
4. **We will schedule a uniform turn-in sooner rather than later for the majority of our team.**

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. **DO NOT COME TO PRACTICE IF YOU ARE SICK.**
- **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.