

Day		Time Schedule / Workouts / Events
Monday *Email Coach Popp if interested in practicing at EMS and helping with Joe Ross	10/18	3:30pm: Varsity Threshold workout, JV short medium + 3 "1600m pace 200s" (some JVers may want to practice at EMS so they can help with Joe Ross and watch the 7/8 th graders run).
Tuesday	10/19	3:30pm: Medium, Strides, Core X and Back 4:00pm-4:30pm: 1600m Time Trial (see schedule for specific heats and times)
Wednesday	10/20	9:30am: Medium, Strides, Planks and Push-ups
Thursday	10/21	9:30am: Varsity Workout, JV Medium
Friday	10/22	9:30am: Varsity Medium, JV Workout
Saturday	10/23	9:30am: Practice @ CMS.
Sunday	10/24	OFF

- **WEATHER:** It is definitely fall! Thursday-Saturday mornings are going to be colder. Make sure you wear an extra layer to practice that you can shed at the start of your run on those days.
- **MEA ATTENDANCE POLICY:** Practice is required for the "Varsity 9" postseason tournament team. Otherwise, any communicated misses for family trips, college visits, etc., will all be excused between Wednesday, 10/20, and Saturday, 10/23.
- **STAY FOCUSED:** Everything about XC – training progression and fitness, cooler weather, fully adjusting to the school schedule, and becoming better racers – points to our athletes having the most fun and success as they race at the end of the season. The only things that typically get in our way are illness and decision-making. So, control what you can control, especially eating and sleeping!
 - **SLEEP:** Sleep during the week (8+ hours) and on the weekend is huge to recover and adapt. We also want to stick to a steady sleep schedule. We should be looking at bedtimes no later than 10:30pm. I need to yell something now: DO NOT LET THIS SLIDE OVER ME! JUST BECAUSE THERE IS NO SCHOOL DOES NOT MEAN YOU SHOULD BE STAYING UP LATE!
 - **MONITOR YOUR HEALTH:** If you are sick, stay home from school and practice. If you have a known close contact and have not communicated that with coaches, you must do that before returning to practice. Stay on top of your schoolwork and communicate with coaches / other support staff about mental health too!
- **CONFERENCE MEET:** You guys crushed it! We had a great performance in both races. Alex Foss and Tyler Kissell had amazing races on the varsity side; Pranav Madasamy lead our top JV-ers to a fast race, Alex Haag broke 18:00 for the first time, and we had at least 5 runners dip under 20:00 for the first time (including two seniors)! It was a beautiful day, and it was a blast to see you take advantage of the opportunity.

Next Week: Lefty Wright is on Monday 10/25. Pay attention to the meet schedule when it comes out, as some of you will be getting out of school early. Uniform turn-in is on Tuesday, 10/26. Our Section Meet is on Wednesday, 10/27 out at Gale Woods. There will be no formal practice that day for those who have chosen to continue to practice with the team through the State Meet on 11/6.