

Day		Time Schedule / Workouts / Events
Monday	9/6	No official practice: Labor Day Holiday. Get out for a medium run on your own, preferably before the afternoon.
Tuesday	9/7	3:30pm: 60-60s, Hips and Push-ups
Wednesday	9/8	3:30pm: Medium, strides, Core X and Back **Masks required in the locker room. *See Coach Heebink in locker room if you don't have a lock!!
Thursday	9/9	3:30pm: Short Medium, 200s @ 5k and 3200 pace. Cooldown and Hips.
Friday	9/10	3:30pm: Pre-Meet, Planks and Push-ups -- St John's Free Throws!
Saturday	9/11	7:00pm: Saturday Night Lights starts with Middle School. We will progress from slowest projected heats to the fastest at the end of the night. **High Schoolers, plan on staying until the END of the races to cheer on your teammates.
Sunday	9/12	OFF—take someone or something for a walk.

- Saturday:** Swap out your XC elements for shorter elements (1/4" max!) appropriate for our track. Do this BEFORE you arrive on site Saturday. The last thing you want is to be frantically switching out elements when you are supposed to be warming up! ALSO plan out WHEN you are going to eat. Parents, a 6pm supper is not going to set your son up to run fast! We are looking at eating 3-4.5 hours from race time, depending on the kid.
- School and Sleep:** With school starting up, your routines are all going to change. Make sure you are getting to bed early enough to still get your 8-9 hours of sleep. This means in bed by 10pm at the latest for most of you.
- Nutrition:** School is also going to change how you eat. With masks in school, it is going to be harder to get calories throughout the day. Maybe a granola bar on your way to the bathroom during class would be a good solution if food is not allowed in your classroom. Regardless, eat a big breakfast and pay attention to where you lunch is relative to our 3:30pm practice time. And of course, fuel up with quality food! Junk and fast food will get burned up for sure, but they don't give your body everything it needs to run optimally.

Reminders for All:

- If it is not a financial hardship, your parents should join the **BOOSTER CLUB** to help support the program. Questions, contact Coach Popp, Lynette Allen, or Joan Cichoski. Joan and Lynell will have a table out again at the SNL Time Trial.
- MONITOR YOUR HEALTH:** If you are sick, stay home from school and practice. If you are struggling with back-to-school, relationships, sports, etc., remember that you have supports throughout our program and within the school in the form of teachers and support staff.

COMMENTS: St. Olaf was a mixed bag, but in general it was great for guys to get back into 5k racing. The only problem is that we were missing 20 of our 9th graders due to orientation. This week, everyone gets to compete at SNL, where Coach Heebink always works diligently to make the heats as competitive as possible.

[ST. JOHN'S SCORING UPDATE](#)

Next Week: We have the EP Metro meet on Saturday morning.