

Day		Time Schedule / Workouts / Events
Monday	9/13	3:30pm: Long Run, Hips and Push-ups
Tuesday	9/14	3:30pm: Medium, build-ups, Core X and Back
Wednesday	9/15	*Optional AM Double (on own) 3:30pm: 400s, Hips and Push-ups **Masks required in the locker room.
Thursday	9/16	3:30pm: Medium
Friday	9/17	*Optional AM Double 3:30pm: Pre-Meet, Planks and Push-ups.
Saturday *Reminder: Pants and Sleeves	9/18	7:45am: JV Buses depart 8:45am: Varsity Bus departs 9:30am: JV Boys Race –JV runners stick around for the Varsity Race to watch your teammates and stay for awards (roughly 12:15) if you receive one. 10:40am: Varsity Boys Race 11:45am: MS Boys Race 12:15pm: Awards
Sunday	9/19	OFF—take someone or something for a walk.

- **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.
- **Meet Gear:** As we move into fall, you should always be prepared for cooler mornings. For example, the projected low on Thursday night is 54 degrees. If you show up in shorts and a t-shirt, you are going to sit around being cold. And that wastes energy that would be better used running fast later. Additionally, it's nice to be wearing something that says Wayzata when we head to meets.
- **Running v. Walking:** As coaches, one of our biggest priorities is for you to get better as a runner – one of the best ways to do that is to run. If you have demonstrated you cannot stay motivated and run continuously when left to your own devices, you will have the opportunity to do so within sight of a coach for this whole week!
- **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. Same goes if you know if you have been exposed to Covid-19.

COMMENTS: SNL was a fun night! Thanks to Coach Heebink for putting together great heats, Coach Ras for starting, and Coach Berndt for the music / clever remarks...my favorite is when he introduced Coach Bartels as “the fastest guy in my neighborhood.”

Coach Heebink bolded all of the PRs from the race, which is a substantial amount, and that is never something to hang your head about. One thing to remember: due to our later start in summer and later transition to intensity in summer / practice, we are actually a little bit behind compared to normal in terms of being ready to run a fast 3200. For example, we are hitting our first round of 400s this week – that workout is typically about 10-14 days earlier.

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

Next Week: We have Griak for our Varsity 10 on Friday afternoon, Milaca for everyone else on Saturday afternoon.