

Day		Time Schedule / Workouts / Events
<b>Monday</b> *Watch your email for thunderstorm updates	9/20	3:30pm: Medium, build-ups, Core X and Back
<b>Tuesday</b>	9/21	*Optional AM Double (on own) 3:30pm: Threshold workout, Hips
<b>Wednesday</b>	9/22	3:30pm: Medium, strides, Planks and Push-ups **Masks required in the locker room.
<b>Thursday</b>	9/23	3:30pm: Pre-Meet for Griak racers, light workout for Milaca racers
<b>Friday</b> **Get to bed at a reasonable time!	9/24	*Optional AM Shakeout for Griak racers <b>Griak</b> Excused at 12:30pm, Bus leaves at 1:00. Race at 3:45pm. Watch girls race at 4:30pm, on the bus for home by 5:00pm. <b>Practice</b> 3:30pm: Pre-Meet, Planks and Push-ups.
<b>Saturday</b> *Reminder: Pants and Sleeves. Eat a meal BEFORE getting on the bus. Any time after 10:30 is going to be too close to race time.	9/25	10am: Practice for Griak Racers. Meet at French Park 10:30am: Bus Leaves for Milaca 1:30pm: Varsity (7 racers) 2:00pm: JV (60+ racers)
<b>Sunday</b>	9/26	OFF—take someone or something for a walk.

- **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. 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.
- **Homecoming** is on Saturday. If you participate, please remember to get to bed at a reasonable time. Also, make good choices that will not put your or your teammates' season at risk.
- Parents, if you are coming to Milaca, remember that it is a madhouse for parking. Plan on arriving at least 30 minutes prior to your son's race! – [Parking Info](#)

**COMMENTS:** We had some really good things from EP. Lots of guys ran their first 5k, many more ran the fastest one of their lives on what was not a real quick course. Not only was it a little squishy in many places, but it also measured a touch long. This was really the first 5k where we have had all our guys competing! With that in mind, it was nice to have a low-key meet like EP.

This next weekend is going to be bananas, at least relatively speaking. Griak is massive--400+ racers in the Gold Division. It will be imperative for our guys to be able to find and key off each other early in the race. While Milaca is not as large and dense of a field, the meet itself is giant. They are running a race every 15 minutes for 4.5 hours! FUN.

**Next Week:** We get a full week of practice followed by STMA on Monday, October 4<sup>th</sup>. Reminder that Saturday practices are required, and some athletes are out of unexcused misses!