

Day		Time Schedule / Workouts / Events
Monday *Training schedule is subject to change due to heat this week	9/27	3:30pm: Long / Long-ish, Core X and Back -- make sure you are well-hydrated!!
Tuesday	9/28	3:30pm: Medium, Build-ups, Planks and Push-ups
Wednesday	9/29	3:30pm: 400s (depending on heat), hips
Thursday	9/30	3:30pm: Medium (depending on potential rain / storms), or this could be a substitute workout day
Friday	10/1	3:30pm: 60-60s or 60-30s (depending on training group)
Saturday	10/2	9:30am: Practice @ CMS (if Thursday is a workout day, this will be too)
Sunday	9/26	You could get out for a short run in preparation for STMA on Monday. However, you could also plan on a 10-15 minute shakeout run on Monday before school.

- **WEATHER:** This is really going to dictate a lot of what / when we do things this week. So we are just going to have to play it by ear, unfortunately. Right now, Wednesday says 87, so we will see how that and the other days play out. Pay attention in team meetings for adjustments to the schedule!
- **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.
- **9/10 Graders:** Your fitness is starting to come around, which is exciting for those of you looking to crack some time barriers! Those of you with less aerobic development have a lot to gain still! Now is also the time where we are starting to see more soreness and injuries crop up. You need to make sure you are taking care of yourself and communicating with a coach if anything has bothered you for three days or more.
- **11/12 Graders:** We are less than three weeks out for Gale Woods and our Lake Conference Championship meet. It's going to be a lot of fun to see you guys back on that course in a full-size meet! Between now and then, there is still plenty to be done to gain fitness. This next 15-20 days is kind of our last big push in our training, as crazy as it sounds.

COMMENTS: We came through our meets looking and feeling good for the most part. Guys competed well given our circumstances, and it was fun to get in some competitive races at Griak and Milaca. With our top guys over at Griak, it was also great to see that next crew mix it up in the varsity race at Milaca (11th overall), and for our JV (#s 17+) to win their division. Some of the teams at Milaca pulled their better sophomores and freshmen into the grade level divisions, but we still competed well. I really liked how guys were trying to move with 600+ meters to go – that is a huge development for some of you! Next week at STMA, you will have a perfect opportunity to continue to work on measure out your energy from a long way out; from 3200m on, there are no uphill.

Next Week: STMA is Monday afternoon, followed by a normal week of practice.