

Day		Time Schedule / Workouts / Events
Monday	10/4	*Optional AM Shakeout (15-20 mins) before school 3:00pm: JV buses leave for STMA Lower Rec Center (excused at 2:45) 3:45pm: Varsity bus leaves for STMA 4:45pm: JV Race (cooldown, hips, excused after varsity race) 5:45pm: Varsity 10 Race (Griak racers + Hanold, Kaster) 7:15pm: buses should be back at the HS at this time or sooner
Tuesday	10/5	3:30pm: Medium, strides, Planks and Push-ups
Wednesday	10/6	3:30pm: Medium, half drills, build-ups, Core X and Back
Thursday	10/7	*Optional AM double 3:30pm: Workout Day – “Varsity” group meet at French at 3:45 – you do NOT need to leave class early. Hips and Push-ups
Friday	10/8	3:30pm: Medium, strides, Core X and Back
Saturday	10/9	9:30am: Practice @ CMS. Longer + tempo, hips.
Sunday	10/10	OFF

- **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, even on the weekends! You are not going to regret going all in on this last month of the season, because whatever you “miss out on” after 10:30pm can’t really be that big of a deal. Nothing good happens after 10:30, so go to bed.
- **STMA:** This is a fair course on what looks to be an awesome day. It is going to be pretty much the opposite of our meets last week, which were mayhem. On the varsity side, we are going to get our final piece of info for who is making up our 12-man roster for the Conference Meet. On the JV side, we have a lot of guys who we expect to make a leap in terms of race approach and performance. Some of you will get really specific “assignments” for the meet to help break you out of your comfort zone! **JV athletes at STMA – the expectation is that you stay at least until the varsity has finished racing at 6:02pm.** If you need to leave before that, please discuss that with a coach.
- **CONFERENCE MEET COUNTDOWN:** We had a great week of practice. I thought guys hit 400s with the proper amount of enthusiasm, and our Friday workout was really in the Goldilocks zone. It’s the perfect time of year to be locked in. We have 1-2 more weeks of really high quality training, and then we start to pull back just a bit as we prepare for...CHAMPIONSHIP SEASON! We have Conference followed by Lefty Wright / Sections, State, and some of you will choose to go to NXR in Sioux Falls as well. Wedged in there for all athletes not in the top 9 will be at least one 1600m time trial!
- **MEA ATTENDANCE POLICY:** Practice is required for the “Varsity 9” postseason tournament team. Otherwise, misses for family trips, college visits, etc., will all be excused.
- **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!

Next Week: Conference Meet on Thursday!