

Day		Time Schedule / Workouts / Events
Monday	10/11	3:30pm: Medium, Strides, Core X and Back
Tuesday	10/12	3:30pm: Short Medium, 200s, Cooldown, Hips
Wednesday	10/13	3:30pm: Pre-Meet, Strides, Planks and Push-ups
Thursday <b>*Mid-50s, breezy: no one gets on the bus without pants and sleeves</b>	10/14	*Optional AM Shakeout 1:45pm: Varsity Bus Leaves (excused at 1:30) 2:50pm: JV Buses Leave (excused at 2:30) 3:40pm: Varsity Race 4:40pm: JV Race 6:05pm: Awards
Friday	10/15	3:30pm: Medium, strides, Core X and Back
Saturday	10/16	9:30am: Practice @ CMS. Longer.
Sunday	10/17	OFF

- CONFERENCE MEET:** We saw at STMA that people are rounding into shape and figuring out how to race—you guys were great. We have another 1.5 weeks of fitness in our legs, and even Gale Woods is no more challenging of a course than STMA. Use what you learned about yourself at STMA to have an even better race on Thursday.
  - FUEL:** Plan out your lunch ahead of time. Some Varsity athletes may need an earlier lunch, some JV athletes might need a snack. Pack water, a sports drink, plus food for post-race recovery.
  - VETS:** Make sure the young guys see and understand the course on Thursday.
  - VARSIITY:** Plan on staying through the conclusion of awards. You have not had the opportunity to watch your teammates compete since EP, so have some fun cheering them on!
- TRAINING:** For most of you, we are at the point where we are done increasing any sort of volume or intensity. This week, because of how our previous week was structured, we should be feeling fresh as we head into Thursday. After that, some of only have 11 days left in your season, as Lefty Wright goes on 10/25.
- 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.
- 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.
- 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:** MEA Break starts on Wednesday, 10/20. Practice Wednesday through Saturday will be at 9:30am. Potential JV 1600m time trial on Tuesday or Wednesday...TBD.

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