

Week 7 Schedule



	110011 1 8		CEN ICA
Monday	Sept 25	Thursday	Sept 28
4:00 PM	Team meeting Outline of this week	4:00 PM	Run to Riverside Strength/Flexiablity
4:15 PM	5 min warm up Strength/Flexiablity		Aerobic Run 6 x 100m sprints
	Long Run - Columbia Loop		v 100m sp.m.s
	Post workout Ice Bath		Post workout Ice Bath
Tuesday	Sept 26	Friday	Sept 29
4:00 PM	5 min warm up Strength/Flexiablity	4:00 PM 4:10 PM	Meet at GFC and Drive down to Lincoln Team Meeting
	Aerobic Run 6 x 100m sprints	4:15 PM	5 min Warm-up Strength/Flexibility
	Post workout		Aerobic Run 4 x 150m sprints
	Ice Bath		Post workout
	Ice Bath	6:00 PM	Post workout Team Pasta Feed - Kleven home!
Wednesda		6:00 PM Saturday	
Wednesday			Team Pasta Feed - Kleven home!
	y Sept 27		Team Pasta Feed - Kleven home! Sept 30
	y Sept 27 Meet at GFC and Drive down to Lincoln park 5 min warm up	Saturday 10:00 AM	Team Pasta Feed - Kleven home! Sept 30 Border Battle Middle School runners at Team Tent
	Meet at GFC and Drive down to Lincoln park 5 min warm up Strength/Flexiablity	Saturday 10:00 AM Noon	Team Pasta Feed - Kleven home! Sept 30 Border Battle Middle School runners at Team Tent Varsity & JV Arrive at Tent
	Meet at GFC and Drive down to Lincoln park 5 min warm up Strength/Flexiablity Broken 1000s at goal pace	Saturday 10:00 AM Noon 11:00 AM	Team Pasta Feed - Kleven home! Sept 30 Border Battle Middle School runners at Team Tent Varsity & JV Arrive at Tent 7th Grade Girls, 3k
	Meet at GFC and Drive down to Lincoln park 5 min warm up Strength/Flexiablity Broken 1000s at goal pace	10:00 AM Noon 11:00 AM 11:20 AM	Team Pasta Feed - Kleven home! Sept 30 Border Battle Middle School runners at Team Tent Varsity & JV Arrive at Tent 7th Grade Girls, 3k 7th Grade Boys 3k
	Meet at GFC and Drive down to Lincoln park 5 min warm up Strength/Flexiablity Broken 1000s at goal pace	10:00 AM Noon 11:00 AM 11:20 AM 11:40 AM	Team Pasta Feed - Kleven home! Sept 30 Border Battle Middle School runners at Team Tent Varsity & JV Arrive at Tent 7th Grade Girls, 3k 7th Grade Boys 3k 8th Grade Girls 3k
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	Meet at GFC and Drive down to Lincoln park 5 min warm up Strength/Flexiablity Broken 1000s at goal pace	10:00 AM Noon 11:00 AM 11:20 AM 11:40 AM Noon 12:20 PM	Team Pasta Feed - Kleven home! Sept 30 Border Battle Middle School runners at Team Tent Varsity & JV Arrive at Tent 7th Grade Girls, 3k 7th Grade Boys 3k 8th Grade Girls 3k 8th Grade Boys 3k Elementry mile
	Meet at GFC and Drive down to Lincoln park 5 min warm up Strength/Flexiablity Broken 1000s at goal pace	10:00 AM Noon 11:00 AM 11:20 AM 11:40 AM Noon 12:20 PM	Border Battle Middle School runners at Team Tent Varsity & JV Arrive at Tent 7th Grade Girls, 3k 7th Grade Boys 3k 8th Grade Girls 3k 8th Grade Boys 3k Elementry mile National Anathem
	Meet at GFC and Drive down to Lincoln park 5 min warm up Strength/Flexiablity Broken 1000s at goal pace 3 x (600, 400), 4 x200	10:00 AM Noon 11:00 AM 11:20 AM 11:40 AM Noon 12:20 PM 12:45 PM 1:00 PM	Border Battle Middle School runners at Team Tent Varsity & JV Arrive at Tent 7th Grade Girls, 3k 7th Grade Boys 3k 8th Grade Girls 3k 8th Grade Boys 3k Elementry mile National Anathem Varsity Girls A - 5k
	Meet at GFC and Drive down to Lincoln park 5 min warm up Strength/Flexiablity Broken 1000s at goal pace 3 x (600, 400), 4 x200	10:00 AM Noon 11:00 AM 11:20 AM 11:40 AM Noon 12:20 PM 1:30 PM	Border Battle Middle School runners at Team Tent Varsity & JV Arrive at Tent 7th Grade Girls, 3k 7th Grade Boys 3k 8th Grade Girls 3k 8th Grade Boys 3k Elementry mile National Anathem Varsity Girls A - 5k Varsity Girls AA - 5k
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"To give anything less than your best is to sacrafice the gift."Pre