



# Week 7 Schedule



## Monday Sept 25

**4:00 PM** Team meeting  
Outline of this week

**4:15 PM** 5 min warm up  
Strength/Flexiablity

**Long Run - Columbia Loop**

**Post workout**  
Ice Bath

## Tuesday Sept 26

**4:00 PM** 5 min warm up  
Strength/Flexiablity

**Aerobic Run**  
6 x 100m sprints

**Post workout**  
Ice Bath

## Wednesday Sept 27

**4:00 PM** 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

**Post workout**  
Ice Bath

## Thursday Sept 28

**4:00 PM** Run to Riverside  
Strength/Flexiablity

**Aerobic Run**  
6 x 100m sprints

**Post workout**  
Ice Bath

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## Friday Sept 29

**4:00 PM** Meet at GFC and Drive down to Lincoln pa  
**4:10 PM** Team Meeting

**4:15 PM** 5 min Warm-up  
Strength/Flexibility

**Aerobic Run**  
4 x 150m sprints

**Post workout**

**6:00 PM** Team Pasta Feed - Kleven home!

## Saturday Sept 30

<u>Border Battle</u>	
<b>10:00 AM</b>	<b>Middle School runners at Team Tent</b>
<b>Noon</b>	<b>Varsity &amp; JV Arrive at Tent</b>
<b>11:00 AM</b>	<b>7th Grade Girls, 3k</b>
<b>11:20 AM</b>	<b>7th Grade Boys 3k</b>
<b>11:40 AM</b>	<b>8th Grade Girls 3k</b>
<b>Noon</b>	<b>8th Grade Boys 3k</b>
<b>12:20 PM</b>	<b>Elementry mile</b>
<b>12:45 PM</b>	<b>National Anathem</b>
<b>1:00 PM</b>	<b>Varsity Girls A - 5k</b>
<b>1:30 PM</b>	<b>Varsity Girls AA - 5k</b>
<b>2:00 PM</b>	<b>Varsity Boys A - 5K</b>
<b>2:30 PM</b>	<b>Varsity Boys AA - 5k</b>
<b>3:00 PM</b>	<b>JV Girls - 5K</b>
<b>3:40 PM</b>	<b>JV Boys - 5K</b>
<b>4:10 PM</b>	<b>Old Timers Race</b>
<b>4:30 PM</b>	<b>GFC Help Clean up</b>

"To give anything less than your best  
is to sacrafice the gift." ....Pre