



Week 8 Schedule



Monday 2-Oct

4:00 PM 5 min Warm-up
Strength/Flexiablity

Varsity
Long Run

JV/MS
Normal Run
4 x 100 sprints

Post workout
Ice Bath

Thursday 5-Oct

4:00 PM 5 min warm up
Strength/Flexiablity

Aerobic Run
6 x 100m sprints

Post workout
Ice Bath

Tuesday 3-Oct

4:00 PM Team meeting
Outline of this week

4:15 PM 5 min warm up
Strength/Flexiablity

Aerobic Run
6 x 100m sprints

Post workout
Ice Bath

Friday 6-Oct

4:00 PM Warm up to Sledding Hill
Strength/Flexiablity

2 x 3, 2, 1min Runs on Hills

Post workout
Ice Bath

Wednesday 4-Oct

4:00 PM Car Pool to Lincoln Drive Park
5 min warm up
Strength/Flexiablity

4 x 1000 cut downs
Start at Current Race Pace

Post workout
Ice Bath



Saturday 7-Oct

10:00 AM 5 min warm up
Strength/Flexiablity

Aerobic Run
6 x 100m sprints

Post workout
Ice Bath

Most goals that you set are usually personal goals for your own individual achievement. However, we are a **TEAM**, and as a member of that team you also have responsibilities toward its development as well as the development of your teammates.

A team isn't a team if everyone acts as individuals.

Ask yourself what extra things you can contribute to help all reach our goals as individuals and as a team. **How can you really make a difference to this team?**