



Week 9 Schedule



Monday 9-Oct

4:00 PM Team Meeting
Outline of this week

5 min Warm-up
Strength/Flexiablity

Varsity
Long Run

JV/MS
Normal Run
4 x 100 sprints

Post workout
Ice Bath

Tuesday 10-Oct

4:00 p m **Meet at GFC**
5 min warm up
Strength/Flexiablity

4:15 PM

Varsity
1 mile up/down
3 x400 @ 1st mile goal pace
2 x 800 @ goal pace
2 x 400 finish sprints
(2 1/4 miles speed)

JV/Middle School
5 min up/dpwn
2 x (3x400) @ 3k Goal pace

Post workout

Wednesday 11-Oct

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

Varsity
1 mile up/down
3 x400 @ 1st mile goal pace
2 x 800 @ goal pace
2 x 400 finish sprints

JV/Middle School
5 min up/dpwn
2 x (3x400) @ 3k Goal pace

Post workout
1 set of bouncers
20 pushes up
3 different rope stretches

Thursday 12-Oct

4:00 PM 5 min warm up

Strength/Flexiablity

1 mile up/down
4 x400 @ 1st mile goal pace
2 x 300 finish sprints
(1.5 miles speed)

Post workout
Ice Bath

GET A GOOD NIGHT OF SLEEP!!!

Friday 13-Oct

4:00 p m Team Meeting

4:15 PM 5 min warm up
Strength/Flexiablity

Aerobic Run - Belmont

6:00 PM Sande's House - Team Pasta Feed
Post workout
Ice Bath

**EVERYONE
DRESS
UP!!**

Saturday 14-Oct

EDC Championships

10:30 AM Be At Team Tent

10:00 AM Coaches meeting

11:30 AM Elementray Mile

11:45 AM National Anthem

Noon MS Girls 3k

12:25 PM MS Boys 3k

12:50 PM JV Girls 5k

1:30 PM JV Boys 5k

2:10 PM Varsity Girls 5k

2:50 PM Varsity Boys 5k

3:40 PM Awards

Believe!