



Week 6 Schedule



Monday Sept 18

4:00 PM Team Meeting - Review races
Gap times, 1st mile vs Race Pace Avg

4:15 PM 5 min Warm-up
5 Lundges Warmup/Bouncers

Long Run - Columbia Loop

Post workout
Ice Bath

Tuesday Sept 19

4:00 PM Run to Lincoln Drive park - Dog Park
5 Lundges Warmup/Bouncers

Boys Mile drops, by 5 secs

1/2 of equal rest

Girls -1000m drops

Post workout

Wednesday Sept 20

4:00 PM 5 min Warm-up
5 Lundges Warmup/Bouncers

Wickets

Aerobic Run

Post workout
Ice Bath

Thursday Sept 21

3:40 PM Start Individual Pictures, front of GFC
4:10 PM Team Picture

4:20 PM 5 min Warm-up
5 Lundges Warmup/Bouncers

800's at goal Pace @EGF

Post workout
Ice Bath

Friday Sept 22

4:00 PM Team Meeting
Inspirational Friday - Room 312

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

Aerobic Run
4 x 150m sprints
Stretch/Ice

Post workout

Saturday Sept 23

Valley City

7:00 AM Leave for Valley City

11:00 AM JV/MS Girls 4k
JV/MS Boys 4k
Varsity Girls 5k
Varsity Boys 5k

**Live to Run.....
Run to live**