Week 9 Schedule

Monday 5-Oct

4:00 PM **Team Meeting**

5 min Warm-up
Dynamic Warm up

6x30 Sprints
Aerobic run

Ropes/Bouncers/Push ups

Tuesday 6-Oct

3:15 PM Weights

4:00 p m Older run to Lincoln

Younger car pool to Lincoln
5 min Warm-up

Everyone - Dynamic Warm up

Varsity
2 up/2 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

Ropes/Bouncers/Push ups

Wednesday 7-Oct

4:00 PM **Team Meeting - Aerobic Room**
5 min Warm-up
Dynamic Warm up

Aerobic Run

4 x 150m on walkway

Ropes/Bouncers/Push ups

Ice Bath

Thursday 8-Oct

3:15 PM Weights

4:00 PM Older run to Lincoln

Younger car pool to Lincoln
5 min Warm-up

Everyone - Dynamic Warm up

4 x 400m @ 1st mile
2 x 300m @ finish race
(1.5 miles of speed)

Ropes/Bouncers/Push ups
Ice Bath

GET A GOOD NIGHT OF SLEEP!!!

Friday 9-Oct

4:00 p m Team Meeting

4:15 PM 5 min Warm-up
Dynamic Warm up

Aerobic Run
4 x 150m on walkway

Ropes/Bouncers/Push ups

6:00 PM **Common's - Team Pasta Feed**

EVERYONE
DRESS
UP Friday!!

Saturday 10-Oct

EDC Championships

10:30 AM	MS and JV Be At Team Tent
10:30 AM	Coaches meeting
11:30 AM	Elementray Mile
11:45 AM	National Anthem
11:45 AM	Varsity Boys arrive to cheer on MS Boys
Noon	MS Boys 3k
12:25 PM	MS Girls 3k
12:50 PM	JV Boys 5k
1:30 PM	JV Girls 5k
2:10 PM	Varsity Boys 5k
2:50 PM	Varsity Girls 5k
3:40 PM	Awards

Believe!