

2019 Distance/

Mid Distance Training

Schedule

Week 1

Monday, March 11 – **First Day of Practice** – **3:00PM – Dome** – Aerobic Run – Highest Point – Stretching, Navy Seals (Core Strength Exercises)

Tuesday, March 12 – Aerobic Run TBD, 8x100 Strides, Stretching, **Strength Training 4:50-5:20pm**

Wednesday, March 13 – **Dome Grass Track Interval Workout TBA**, Warm up-down, Stretching, Navy Seals

Thursday, March 14 – Track Combine Events? Aerobic Run TBD, Stretching, **Strength Training – 4:50-5:20pm**

Friday, March 15 – **Shady Hills Loops Workout** – Navy Seals, Stretching

Saturday, March 16 – **8:00AM Practice** – Long Aerobic Run – 30-90 minutes (depending of fitness level), Stretching

Sunday, March 17 – Run on Own – 30 minute easier recovery Aerobic “shakeout” Run or something active other than running – cycling, swimming for the same time period.

Week 2

Monday, March 18 – **4 Mile Tempo Run – Dell Road** – warmup there and back – Stretching and Navy Seals

Tuesday, March 19 – Aerobic Run TBD, 8x100 Strides, Stretching, **Strength Training**

Wednesday, March 20 – **Dome Grass Track Interval Workout TBA**, Warm up-down, Stretching, Navy Seals

Thursday, March 21 – Aerobic Run TBD, Stretching, **Strength Training**

Friday, March 22 – **Gopher Indoor Classic** – **6:00PM (about half of team will compete)** (for those not competing – 30 minute aerobic run at home on own.)

Saturday, March 23 – **8:00AM Practice** – Long Aerobic Run – 30-90 minutes depending on group, Stretching

Sunday, March 24 – Run on Own – 30 minute easier recovery Aerobic “shakeout” Run or something active other than running – cycling, swimming for same time period.

Week 3 **** (Spring Break)** – Follow schedule as closely as able if not able to be at practices

Monday, March 25 – Run on own - Aerobic run 30-60 minutes depending on group – 8x100 strides – Stretching, Navy Seals

Tuesday, March 26 – **Practice at MHS Track 8:00AM – Shady Hills Loops – 6- 8–10-12 – Warmup/down – Seals - Stretching**

Wednesday, March 27 – Aerobic run on own 30-60 minutes – 8x100 strides, stretching

Thursday, March 28 – **Practice at MHS Track 8:00AM – 4 mile Tempo Run at Dell Rd – warmup/down – Seals, stretching**

Friday, March 29 – Aerobic Run on own – 30-60 minutes depending on group – Strides, stretching

Saturday, March 30 – **Practice 8:00AM** – Long Aerobic Run – 45-90 minutes, Stretching

Sunday, March 31 – Run on Own – 30 minute easier Aerobic “shakeout” Run or something active other than running – cycling, swimming for same time period

Week 4

Monday, April 1 – **No School ** Practice at MHS Track - 3:00PM – Shady Hills Loops workout, Stretching, Navy Seals**

Tuesday, April 2 – **(Back to School) Practice at 3:00PM – Aerobic Run, Stretching, Strength Training**

Wednesday, April 3 – **Track Workout TBA, Navy Seals, Stretching**

Thursday, April 4 – Aerobic Run, Stretching, **Strength Training**

Friday, April 5 – **Dual Meet Vs. @ Edina (Everyone Competes!)**

Saturday, April 6 – **Practice - 8:00AM** – Long Run, - 45-90 minutes, Stretching

Sunday, April 7 – Run on Own – 30 minute easier “shakeout” Aerobic Run

Week 5

Monday, April 8 – Aerobic Run TBD, Stretching, **Strength Training**

Tuesday, April 9 – **EP/Hopkins Triangular @ Tonka (everyone competes)**

Wednesday, April 10 – Aerobic Run TBD, **Strength Training**

Thursday, April 11 – **Wayzata JV @ Wayzata** – Varsity TBA

Friday, April 12 – **Minnesota Open – (Varsity Only)** - (JV Practice on own – 30 minute aerobic run, Stretching, Navy Seals)

Saturday, April 13 – **Practice – 8:00AM** – Long Aerobic Run – 45-90 minutes

Sunday, April 14 - Run on Own – 30 minute easier recovery “shakeout” Aerobic Run

Week 6

Monday, April 15 – **Track Workout TBA for Varsity, Strength Training** – JV Aerobic Run TBA

Tuesday, April 16 – **JV vs. Hopkins @Hopkins** (Aerobic Run TBA Varsity)

Wednesday, April 17 – Aerobic Run, Stretching, Navy Seals ****Team Pictures**

Thursday, April 18 – **Shakopee Relays @ Prior Lake (Everyone competes!)**

Friday, April 19 – Aerobic Run TBA, Stretching, **Strength Training**

Saturday, April 20 – **8:00AM Practice** – Long Aerobic Run – 50-90+ minutes

Sunday, April 21 - Run on Own – 30 minute easier recovery “shakeout” Aerobic Run

Week 7

Monday, April 22 – Aerobic Run for varsity, 4x100 strides, stretching – **Track Workout TBA for JV and Strength Training**

Tuesday, April 23 – **Joe Lane Invite @ Tonka**

Wednesday, April 24 – Aerobic Run TBA, 8x100 Strides, Stretching, Navy Seals

Thursday, April 25 – Aerobic Run for qualifiers – Track workout TBA for rest of group

Friday, April 26 – **Hamline Elite Meet** – Practice at 3:00PM for non-qualifiers TBA – **Strength Training** - Stretching

Saturday, April 27 - **Practice – 8:00AM** – Long Aerobic Run

Sunday April 28 - Run on Own – 30 minute easier recovery “shakeout” Aerobic Run

Week 8

Monday, April 29 – Aerobic Run – 4x100 strides - Stretching

Tuesday, April 30 – **Maple Grove Invite (Everyone competes!)**

Wednesday, May 1 – Aerobic Run, 4x100 strides, stretching – **Strength Training**

Thursday, May 2 – **Minnetonka JV Meet @ Tonka** - Aerobic Run – 4x100 Strides – Stretching for Varsity

Friday, May 3 – **Wayzata Relays** – Practice at 3:00PM for non-qualifiers TBA – **Strength Training** - Stretching

Saturday, May 4 – **Howard Wood Relays? Sioux Falls Selected Varsity Only – Sub 2:02.0/4:33.0/10:00/8:15 relay Practice 8:00AM** – Long Aerobic Run 60-90+ minutes

Sunday, May 5 - Run on Own – 30 minute easier recovery “shakeout” Aerobic Run

Week 9

Monday, May 6 – Aerobic Run – 8x100 Strides – Stretching, **Strength Training**

Tuesday, May 7 – Aerobic Run - Stretching

Wednesday, May 8 – **True Team Section Qualifying @ Waconia – (JV Practice on own – Aerobic Run – 30 minutes)**

Thursday, May 9 – **JV Meet @ Tonka** (for those who did not compete in sections) Aerobic Run – Seals – Stretching for Varsity

Friday, May 10 – **Track Workout TBA – Strength Training**

Saturday, May 11 - Practice – 8:00AM – Long Aerobic Run

Sunday, May 12 - Run on Own – 30 minute easier “shakeout” Aerobic Run

Week 10

Monday, May 13 – Aerobic Run – 4x100 Strides - Stretching

Tuesday, May 14 – **Lake Conference Champs @ Edina**

Wednesday, May 15 – Aerobic Run TBA, 8x100 strides, Stretching – **Strength Training**

Thursday, May 16 – **Edina JV Meet** (for those who did not compete in conference) Quality workout for Varsity if not qualify TBA

Friday, May 17 – **True Team State @ Stillwater (if qualify) – 3:00PM Practice if not – Track Workout – Strength Training**

Saturday, May 18 - **Practice – 8:00AM** – Long Aerobic Run

Sunday, May 19 - Run on Own – 30 minute easier “shakeout” Aerobic Run

Week 11

Monday, May 20 – **9th and 10th Grade Conference Champs @ Wayzata – (11th and 12th Gr – 3:00PM Practice – Light Track TBA)**

Tuesday, May 21 – Aerobic Run – 4x100 Strides - Stretching

Wednesday, May 22 – **Rogness Relays @ Tonka – (JV Practice on own)**

Thursday, May 23 – Aerobic Run – Stretching, **Strength Training**

Friday, May 24 – **Modified Track Workout TBA** – Stretching

Saturday, May 25 - **Practice – 8:00AM** – Modified Tapered Aerobic Run

Sunday, May 26 - Run on Own – 30 minute easier “shakeout” Aerobic Run

Week 12

Monday, May 27 – Pre Championship Race Prep

Tuesday, May 28 – **Section 6AA Champs @ Orono**

Wednesday, May 29 – Pre Championships Race Prep

Thursday, May 30 – **Section 6AA Champs @ Orono**

Friday, May 31 – Aerobic Run – Stretching

Saturday, June 1 - - **Practice – 8:00AM** – Long Aerobic Run

Sunday, June 2 - Run on Own – 30 minute easier “shakeout” Aerobic Run

Week 13

Monday, June 3 – Practice with state qualifiers or on own – Modified Aerobic Run – Seals - Stretching

Tuesday, June 4 - Practice with state qualifiers or on own – Modified Aerobic Run – 4x100 Strides – Stretching–**Cross Country Team Meeting for Fall 2019!!**

Wednesday, June 5 – **Wayzata Last Chance Distance Meet – 6:00PM (non-state meet qualifiers)**

Thursday, June 6 – State competitors practice TBD

Friday, June 7 – **State Track Meet @ Hamline (if qualify)**

Saturday, June 8 – **State Track Meet @ Hamline**