

CC PRACTICE WEEK OF SEPTEMBER 14-19, 2020

EVERY DAY DO 8 SETS and 30 LUNGES.

MWF DO 20 HYDRANTS

JV:

Monday, 9/14: 2 x 400 at 3200 race pace. (First one 2-3 seconds faster). Old South.

Tuesday, 9/15: Meet at STMA (3200m).

Wednesday, 9/16: Recovery Run 65 or 55 minutes. Pasture Run.

Thursday, 9/17: Pictures for whole team...Arrive at 3:00. 40 minutes 7s and 3s

Friday, 9/18: 6 x 1000 @ 5k pace. Add the hill on 1 and 5. Rest 2:30. 10 minute cooldown

Saturday, 9/19: 50 minute run

VARSITY:

Monday, 9/14: 60 minute run All Saints plus.

Tuesday, 9/15: 7 x 1000, 2:15 recovery. Add hill on 2, 5, 7. Vine Hill and Back cooldown.

Wednesday, 9/16: 4 x downhill, 50 minute run MME

Thursday, 9/17: Pictures for the whole team. Arrive at 3:00. 2 x 400 at race pace,(1st one 2-3 seconds faster), Old South.

Friday, 9/18: Meet at Round Lake, Eden Prairie.

Saturday, 9/19: 70 minute run.