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Westby Cross Country InSeason Week 1

Thoughts on the week:

Create a routine and develop consistency consistency!

Aspiring letter winners will want to get those .5 letter points for second practice.

- |            |                |  |         |
|------------|----------------|--|---------|
| Mon (19)   | 6:00 PM        | Meet in MS lobby (team meeting /easy run)  | 2 miles |
| Tues (20)  | 7:00 AM        | <b>Heart rate data and Tempo</b> run 3 mile run with 1 mile at tempo pace.<br>Following run we will be in the weight room.   |         |
|            | and / or       |  |         |
|            | 6:00 PM        | Cross Training Bike / Pool / Light miles which means hike or power walk. Westby pool will close on WED.  |         |
| Wed (21)   | <b>9:00 AM</b> | Michael Borsh will attend practice and work on <b>SAM</b> (Strength and Mobility).<br>Michael Borsh will attend practice and work on SAM (Strength and Mobility).<br><b>Repeat 1000's</b> <sup>1A</sup>  | 4 miles |
|            | and / or       |  |         |
|            | 6:00 PM        | Cross Training Bike / Pool / Light miles (hike). Westby pool closes  |         |
| Thurs (22) | 7:00 AM        | Longer sustained run 4-5 miles.<br>Post run strength and speed routine<br>@ track (pick ups, hurdle over / unders, mini hurdles).  | 5 miles |
|            | and / or       |  |         |
|            | 6:00 PM        | Cross Training Bike / Light miles (hike)   |         |
| Fri (23)   | 7:00 AM        | State St. Out and Back Route. During a four mile run we will incorporate 6 X <b>hill repeats</b> and following run we will enjoy sweet rolls.  | 4 miles |
|            | and / or       |  |         |
|            | 6:00 PM        | Cross training bike / Light miles (hike)   |         |
| Sat (24)   |                | <b>Scrimmage vs Brookwood</b> <sup>2A</sup> . This is a 2 mile time trial. With 1 mile warm up and 1-3 mile cool down total distance becomes 4-6 miles total. Crucial data gathering. We chart heart rate pre and post run, time on flat 2 mile course, and we focus on post run routines like nutrition and cool down running. Bus leaves Westby at 8:00 run starts in Norwalk Park and we return by 11:00. |         |
| Sun (25)   |                | Off or cross train <b>on your own</b> : Bike / Bigley Pool / Light miles (hike)  |         |

Weekly total 26-30 miles