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Westby Cross Country

InSeason Week 2

Runners of Week 1

Girls: Meghan Nelson and Melody Berg

Boys: Brendan Griffin and Evan Peterson

Look back at Week 1.

If you ran every workout you ran 28 miles last week. Each optional practices add 1 mile per. So if you did everything you were at 32 miles last week.

Scrimmage and goal writing

Mon (26) 7:00 AM Pre run SAM, team meeting and goal writing.

Uniforms will be issued and run will be the on course.

6:00 PM “ “ 3 miles

Tues (27) **The Ken Trott3A.** Home meet. Distance is 4000 meters (2.4 miles)

Race times will be: Girls 5:15 and Boys 6:00

We serve concession as a fundraiser-bring baked goods! We also host Marshall at Bigley Pool in Viroqua after the race and so we will organize parents to bring picnic style dish to pass.

5 miles

Wed (28) 7:00 AM Weight room and cross train (bike / hike) 4 miles

Captain’s practice (we will discuss this @ Monday 26th practice.

Thurs (29) 7:00 AM 1 mile repeats4A Karl Stoker and Monica Muraski 5 miles

Or Post run strength @ track

6:00 PM

Fri (30) 7:00 AM Solid longer run and weight room following run 4 miles

Karl Stoker and Monica Muraski

No 6:00 PM practice due to football game

Sat (31) **8:00 AM In / Out Workout on the in town 2.5 mile course5A. 5 miles**

Karl Stoker, Monica Muraski and Andy Lipski @ pracice

Sun (1) Off or cross train: Bike / Pool / Light miles (hike)

Weekly total 27-30 miles

Athlete Name

1st week analysis (how have you felt over the past week, what went well and what would improve)?

Ken Trott goal:

Individual goal

Team goal

Post Ken Trott analysis:

Wednesday practice plan:

Thursday Aug. 29th

7:00 AM

Pre Run Pre Run Jog to track.

Toe walks

Heel walk

Shuffle slide

Carioca

A skips

B skips

Back skips - open hips

High Knees

Scissor Kicks

Quickies

Plyometric movements

Toe springs

Ice skaters

Single let hoops

Two foot standing jumps (20 yds)

Workout 4 X 1 mile on Highland st. Start at gravel road into track. Turn at Chocolate church and return to start. Athletes will get **2 minutes** rest between sets. **WE have 5 GPS watches for kids to use.**

Group 1 Pace range 6:10 -6:30

Brendan Griffin 6:14

Evan Peterson 6:17

Cooper Lipski 6:30

Manuel Chavez

Andy Role 6:45

Group 2 Pace range 6:40-7:10

Blake Hanson 7:01

Meghan Nelson **6:40**

Conor Vatland

Dustin Kenyon

Avery Leis

Group 3 Pace range 7:30-7:45

Anna Dunnum

Montana Lindahl 7:44

Group 3 Pace range 8:15-8:40

Melody Berg 8:14

Abbie Larrington 8:14

Liza Jackson 8:30

Teagan Rooney 8:30

Post Run

Triple Threat Strength Drills at Track (materials like towels, medical banding, and sand bags are in the track storage shed at the west end of track).

Station 1: Elastic bands (slides and shuffles)

Station 2: Sandbags (squats 2 sets of 8 and lunges forward and backwards 2 sets of 8)

Station 3: Corners and straight aways 2 laps in which you walk / jog corners of track and sprint straightaways

Station 4: no shoes on grass of football field

6 X 20 yd sprints

4 X high knee tow running (one athlete wraps a towel around partners waist and provides resistance while front runner completes 20 yd high knees.

Friday Aug. 30th

Pre Run Spped ladder minimum of 10 movements, 2 X 8 each leg for the following movements: (Iron cross, scorpion, donkey kicks, and leg whips), 30 second (each side) rolling planks, and 3X 30 seconds jumping rope with 30 seconds rest

Workout 4 miles easy run. Run on bike trail to Tractor Central and back. Once back athletes should complete 6 X 100 meter pick ups in the middle school parking lot.

Post Run Mrs. Muraski Yoga session.

Weight room

Copy weight room routine

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Workout **In / Out Workout on the in town 2.5 mile course5A. 5 miles**

Karl Stoker, Monica Muraski and Andy Lipski @ practice

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Map of run

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