Posted on: <https://westbycc.weebly.com/>

Westby Cross Country

InSeason Week 4

Thoughts on the week:

Post continuous 1000s workout.

26 miles last week / start of school-amazing to think back just one week.

Addition of AM workouts for older and more experienced runners.

Mon (9) Weekly team meeting

Lift prior to run

Run of 3 miles /Jay Johnson routine on track. 3 miles

Yoga session after run

Tues (10) **Ryan Zimple Invitational @ Boscobel3B** 5 miles

Run workout within this race.

Wed (11) **AM Optional lift / run 6:30AM**

PM longer sustained run of 4-5 miles 4 miles

Cross train biking to Viroqua and back would be option

as well.

Thurs (12) Fartlik workout (2 x 500 meters tempo pace, 4 X hills

Hard (200 meters less than 1 min), and 4 x 400 above

Race pace.

5 miles

Fri (13) **Fair Day**

**7:30 AM** workout 3 mile run end on track.

4 x Virian 200s

4 X Infield 50’s Girls done by 8:45 for pictures

9:00 AM Team pictures. We will be done by 10:00 for

those Polka Band people. 4 miles

Sat (14) **Bus 6:00AM**

**All American Invitation @**

**Luther College in Decorah IA5B**

6 miles

Sun (15) OFF

Weekly total 27-30 miles