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Westby Cross Country

InSeason Week 5

Thoughts on the week:

Challenge of Dana Waddell (only early release date and late on school night).

Addition of AM workouts for older and more experienced runners.

Mon (16) Weekly team meeting.

Lift prior to run.

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

Tues (17) **@ Marshall Dana Waddell1c** 5 miles

Wed (18) During a longer run we will include 6 x hill set. 4 miles

Lift after the run

Thurs (19) Pre run SAM

Tempo run of 5 miles (during the run their we will complete 2 miles at tempo pace 5 miles

Fri (20) In / Out run in town finishing at track and including 4 miles

post run strength (pick ups, hurdle over / unders, mini hurdles)

Sat (21) **@ Winona Cotter Invitational Winona MN1B 5 miles**

Sun (22) Suggestion of nice easy bike ride or swim

Weekly total 26-32 miles