**Week 1 - Slogan: “Know thy self”**

**Summer Runners of Week:** Hayden Fredrickson, and Abbey Wedwick

**Schedule** - During practices prior to school you will have the opportunity to make one of two practices; 7:00 am or 6:00 pm. You can attend both, but you will only receive 1/2 letter point for the second practice of the day and you would doing shorter run workout or cross training workout.

**Mon 15**

**There will be only one practice on this date. 6:00 PM Middle School Lobby**

1. take fall preview photo
2. Team Meeting
   1. Outline expectations
   2. Discuss: WESTBY WAY Pyramid and“Know thy self”
   3. Captains
   4. Assign lockers and collect physical forms
   5. Discuss: goal sheets and hand out Health Assessment Form
   6. Short 20 min run
   7. Go through correct **post** run stretching

**Tues 16**

**Primary Workout:** 7:00 AM @ Coon Valley Park

1. run longer warm up (20 minutes)
2. Workout: Girls 4 X 800s ; Boys 3 X 1000s
3. Everyone:
   1. 4 X pick ups no shoes in grass
   2. 4 X 15 meter hills
   3. **Meb’s** **5 minute strength drills**
   4. Ice in Coon Creek

**PM workout:** 6:00 PM @ Westby MS

1. same as AM if your 1st practice of day OR
2. if 2nd workout: light run or cross train (swim or bike)

**Wed 17**

**Primary Workout:** 7:00 AM @ Westby MS

1. **We will be meeting with a PT specialist**
2. **20 minutes mental training**
3. 30 minute run
4. Sweet Rolls at Huebner’s
5. **Team meeting and bonding: shoe game**

**PM workout:** 6:00 PM @ Westby Pool

1. Workout will be 30 minutes aqua jog and swim
2. **Team meeting and bonding: shoe game**

**Thurs 18**

**Primary Workout:** 7:00 AM @ Westby MS

1. Warm up which will include crawl series
2. three mile run on bike trail during this run we will do one mile at **tempo** pace (followed by HR check)
3. **Strength drills with bands**

**PM workout:** 6:00 PM @ Westby MS

1. same as AM if your 1st practice of day OR
2. if 2nd workout: light run or cross train (swim or bike)

**Fri 19**

**Primary Workout:** 7:00 AM @ Westby MS

1. **20 min. mental training**
2. 30 min easy run
3. **3 X 300 meter pick ups**
4. **Discuss use of foam rollers**
5. Handout uniforms

**PM Workout:**

There is a home football game @ Track we are responsible for concessions and site clean-up. We could include a short workout of some type.

**Sat 20**

**Primary Workout:** Scrimmage @ Norwalk Park.

Details:

* vans will leave Westby at 8:15 am.
* you do not need to wear uniforms.
* If you are a legal driver you can meet us at Norwalk Park by 8:45 am.
* Run is 1 mile out and back on Sparta Elroy Bike Trail. We will be focusing on running second mile faster than the first (negative split).
* After 2 mile run we will do a team run of 2-3 miles.

**PM: No workout.**

**Sun 21**

**Optional!** Meet @ Westby Pool 5:00 (AquaJog and swim)

**Mon 22**

**AM Workout**: 7:00 AM @ Westby MS

1. 40-50 minute run on bike trail
2. 3 X 300 on track

**Primary Workout:** 6:00 pm Chaseburg Park

1. 40-50 minute run on Ky’s Run course
2. 3 X 300 on bike trail and ice in Coon Creek

**Tues 23**

No AM practice

PM: The Ken Trott @ Westby

Details:

* Boys race 5:15 pm (Distance 4K)
* Girls race 6:00 pm (Distance 4K)
* Both groups **anticipate you will warm up for 20 minutes prior to your race and you will do a 20 minute workout 20 minutes after your race**
* We will host Marshall at Westby Pool following awards; bring your swimsuit