**Week 2 - Slogan: “Stress”**

**Runners of Week 1:**

**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 workout.

**Wed 24**

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

1. 20 minutes mental training
2. Easy: 30 minute run
3. Team meeting: review Ken Trott and selection of at large captains
4. Team bonding: sharks and minnows and picnic

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

1 hour cross training workout (a circuit consisting of 15 minutes swim, 15 minutes aqua jog, 15 minutes water polo, and 15 minutes stretch).

**Thurs 25**

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

1. Pre run strength routine
2. 20 minute warm up.
3. Circular 1000 meter route on course (hill repeats)
4. On track (breathing pattern work)
5. Weight room: Olympic lifts for runners

**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 (bike)

**Fri 26**

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

1. 20 minutes mental training
2. Easy: 30 minute run

**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 (bike)

**Sat 27**

**Primary Workout:** Practice 8:00 AM @ Westby MS

1. Warm up 20 minutes
2. On track: 60 / 90 s workout
3. Post workout nutrition
4. Post workout stretching / strength

 **PM workout:** No practice

**Sun 28**

**Optional!** Group Bike Ride to Viroqua. Captains will arrange details.

Mon 29

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

Cross training onlyBike ride Coon Prairie Trail

**Primary Workout:** 6:00 PM @ Norskedahlen

Details:

* Van will leave Westby MS at 5:30
* For those of you who will be driving we will meet in Norskedahlen parking lot at 6:00 pm.
* Workout is trail run of 4-5 miles (40-50 minutes)

Tues 30

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

1. Warm up of 20 minutes
2. 5 X continuous 1000’s on course
3. Meb’s 5 minute strength routine

**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 bike

Wed 31

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

1. 20 minutes mental training
2. Team meeting: select Runner’s of week 2
3. Bike relay to Viroqua
4. Picnic will follow when all runners return and team bonding will consist of Chute camp: Captain game

**PM workout:** AM practice only due to back to school night.