**Week 3 - Slogan: “Focus on what you can do not on what others are doing”**

**Runners of Week:**

**Schedule** – On a normal school day meet in MS multipurpose room at 3:30.

Wed 31st

AM practice only due to back to school night.

We will meet @ 8:00 am

20 minutes mental training

Team meeting: runner’s of week

Chute camp: Captain game

Bike relay to Viroqua

Picnic will follow when all runners return

**September**

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Thurs 1 20 minute warm up with pre race routine

Band Circuit trainer

Speed ladder and low hurdles

Hurdle over unders

Critical Velocity workout

4 X 1000 @ CV pace

4 X 30 meter hill repeats

4 X 15 second pick ups

Post workout strength: Meb’s Five Minute Strength

Fri 2 20 minutes mental training

30 minutes easy

4 X 300s on track

Sat 3 Verona Invitational bus leaves at 6:00 am

Sun 4 Optional! Group bike ride or schedule to use Huebner’s Zero runner

Mon 5 **Labor Day**

**Practice 9:00 am @ Westby Middle** **School**

60 minutes easy pace on Bike trail

4 X 300s on track

Tues 6 If you wish to get a quick 2 miles in prior to school meet at 6:30 AM in MS multipurpose room

Afternoon: Westby Invitational

Schedule

4:00 Elementary Run

4:30 Girls MS Scrimmage

5:00 Boys MS Scrimmage

5:30 High School Boys

6:15 High School Girls

Anticipate a 20 minute workout after your race.

Wed 7 20 minutes: mental training

30 minutes easy run

Team meeting / bonding (sharks and minnows) / meal