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

Westby Cross Country

InSeason Week 3

Runners of Week 2

Girls: Denali Huebner and Audra Johnson

Boys: Taylor Thunstedt and Blake Hanson

Look back at Week 2.

Strong showing at Ken Trott. DC kids 30-33 miles last week and kids who stayed back you were at 26 miles.

Notes:

We concluded first two week microcycle. When you consider your goals understand you have to have long term goals as benchmarks or landmarks and short term goals (every two weeks) as your motors to keep you going.

Trust the process of training. It takes time and effort to achieve big things.

**Fancloth order is due Tuesday, 3rd!**

Mon (2) 6:00 PM 4 miles

Team meeting

4 mile easy run followed by 30 minutes in weight room (see back)

Tues (3) 1st day of school- early release. Practice will be at 1:30 5 miles

Pre run dead bugs, speed ladder, jump ropes.

Workout is 4 miles with 2 X .6 mile up tempo surges we will end on

track and complete our triple threat strength drills.

Yoga in mult purpose room following practice.

Wed (4) 6:30 AM optional speed work with Mr. Hulst

Pre run routine

State St. In/Out course

Post run 200 speed play on track 4 miles

Thurs (5) Viroqua Invitational at Vernon County Fair Grounds 5 miles

Information is posted on westbycc@weebly.com

Bus leaves at 3:00

Fri (6) 6:30 AM or 3:30 PM due to football game 3 miles

3 mile easy run followed by weight room (see back)

Sat (7) 8:00 AM

Pre run routine

Workout: **Continuous 1000’s on course** 6 miles

Post run strength on track

**Post run nutrition**

Sun (8) Off or cross train: Bike / Pool / Light miles (hike)

Weekly total 27-30 miles

Monday, Sept 2nd Weight Room Routine