**Week 3 - Slogan: “”**

**Runners of Week:**

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

Wed 7th

20 minutes: mental training

30 minutes easy run

Team meeting / bonding () / meal

Picnic will follow when all runners return

Thurs 8th

20 minute warm up with pre race routine

Tempo Run #2

Post workout strength: Meb’s Five Minute Strength

Fri 9th

20 minutes mental training

30 minutes easy

4 X 300s on track

Sat 10th

All American Invitational bus leaves at 6:00 am

Sun 11th

Optional! Logan Pool @ 2:00 pm

Mon 12th

@ Jersey Valley Park

40- 60 minutes easy pace on trails

4 X 300s on track

Tues 13th

Dana Waddell Invitational bus leaves 12:30 pm

Wed 14th

20 minutes: mental training

30 minutes easy run

Team meeting / bonding () / meal

Picnic will follow when all runners return