

Practice Week Eleven: October 21st-23rd

Mon. 10/21	3:15pm Warm-up 15 minutes 4-8 x 200 at mile race pace cool down 10 minutes
Tues. 10/22	3:15pm Pre-meet run 20-30 minutes
Wed. 10/23	Section Meet, 4AA Championships--Highland Park 9 Hole Golf Course Dismissal: 8:45 Bus leaves at: 9:00 Boys/Open Race at: 10:40 Girls Race at: 11:30 Awards at 12:30 Return to school 1:15 Info Box 8
	End of Season Celebration NOVEMBER ?

Practice Week Ten: October 14th-20th

Mon. 10/14	3:15pm Premeet Run- 30 minutes
Tues. 10/15	Saint Paul Conference Meet at Highland Park Course Info and Map Boys Varsity Race at 3:30 pm, Girls Varsity/JV at 4:10pm, Boys JV at 4:50pm
Wed. 10/16	3:15pm Recovery Run- 30-40 minutes
Thurs. 10/17	NEW TIME: 7:30am 6-8 x 400 at CV pace, 4-6 strides (on track at Johnson!!)
Fri. 10/18	NEW TIME: 7:30am 1-1.5 mile threshold Run, 6 x 200 at mile race pace
Sat 10/19	RUN on your own--Run 3-4 miles
Sun 10/20	Rest Day

Practice Week Nine: October 7th-13th

Mon. 10/7	3:15pm Premeet run--3 miles
Tues. 10/8	Washington Invite, Fort Snelling 4pm Girls race, Boys race at 4:40pm Info sheet/map
Wed. 10/9	3:15pm Recovery Run--40- minutes
Thurs. 10/10	3:15pm 6-8 x 400 at CV pace, 4-6 x hill sprints or 4x 200 at race pace (Phalen rec)
Fri. 10/11	3:15pm Tempo Run with 4x 200 at mile pace (on track?)
Sat 10/12	8:30am Easy Run 3-6 miles
Sun 10/13	Rest Day

Practice Week Eight: September 30th-October 6th

Mon. 9/30	3:15pm Premeet run--3 miles
Tues. 10/1	East of Dale Championships Battle Creek Water Park 4pm Dismissal 2:15, Bus leaves at 2:30
Wed. 10/2	3:15pm Recovery Run--30-45 minutes
Thurs. 10/3	3:15pm Threshold run 2 miles and 4x400 at race pace
Fri. 10/4	3:15pm Descending pace mile repeats (3-5), 4x 200 at mile race pace
Sat 10/5	8:30am Captains Practice--3-8 miles
Sun 10/6	Rest Day

Practice Week Seven: September 23rd-September 29th

Mon. 9/23	3:15pm 1-2 mile warm up, 2- 3 mile Threshold run with 8 hills after, Cool down 1-2 miles
Tues. 9/24	3:15pm: Recovery Run--45-60 minutes/tag
Wed. 9/25	3:15pm Workout--3-6 x 1000 at CV pace, 4x200 at race pace (no faster!!), strides
Thurs. 9/26	3:15pm Recovery Run--45-60 minutes
Fri. 9/27	3:15pm (Scavenger Hunt?) and 4 x 400 at race pace OR easy day/ultimate
Sat 9/28	4-9 miles on your own
Sun 9/29	Rest Day

Practice Week Six: September 16th-22nd

Mon. 9/16	3:15pm , Warm up 1.5 miles, 5 x 1000 at tea house loop at CV pace, strides, Cool down, 1.5mi
Tues. 9/17	3:15pm Recovery Run (new runners 30 minutes, experienced runners 45-60 minutes)
Wed. 9/18	3:15pm Warm up 1-2 miles, 1x2 mile threshold run, 4x400 race pace, Cool Down
Thurs. 9/19	3:15pm Pre-meet run 30 minutes
Fri. 9/20	GRIAK MEET Dismissed at 2:45 Bus leaves at 3:00pm Boys run at 4:30 Return to school: 6 Course Map Those racing: William, Basil, Ahmed, Wyatt, JJ, Cristhian All are team members welcome to come and cheer/ride bus
Sat 9/21	8:30 am Lower mileage group: 3-4, Higher mileage group: 5-6 miles (Battle Creek)
Sun 9/22	Rest Day

Practice Week Five: September 9th-15th

Mon. 9/9	3:15pm Pre-meet run 30 minutes, 2-4 pacing 400s
Tues. 9/10	Islander Invite: This is a 5K. Boys varsity races at 4pm, Girls varsity 4:30, Boys JV 5pm and Girls JV at 5:40pm. Dismissal at 2:15, Bus leaves at 2:30pm 5K map Islander Meet Info
Wed. 9/11	3:15pm Recovery Run--35-45 minutes, strides (Ultimate frisbee if enough people/or another game)
Thurs. 9/12	3:15pm Warm up 1-2 miles, 8x Hills (near Arlington Park-), 6 x 200 800 race pace, cool down
Fri. 9/13	3:15pm Warm up 1-2 miles, 2 miles at Threshold pace, 4 x 400 mile race pace, Cool down 1-2 miles
Sat 9/14	8:30am 3-9 miles Meet at Phalen Beach house
Sun 9/15	Rest Day

Practice Week Four: September 3rd-8th

(NEW PRACTICE TIME!!!)

Tues. 9/3	3:15pm Run 45-50 minutes
Wed. 9/4	3:15pm , Warm up, Ladder CV 400, 600, 800, 600, 400, 4 x 400 at Race Pace, Cool down
Thurs. 9/5	3:15pm Pre-meet run 30 minutes, 6x60 strides
Fri. 9/6	Conference 2 Mile Meet at Highland Park BUS LEAVES AT 3pm sharp!! 4:00 coaches meeting 4:30 Boys Varsity/JV Combined 5:00 Girls JV/Varsity Combined

	St. Paul 2 mile info
Sat 9/7	8:30 am Captains practice: Meet to run at Phalen 4-8 miles
Sun 9/8	Rest Day

Practice Week Three: August 26–September 1st (NEW PRACTICE TIME!!!)

Mon. 8/26	7:00am 30-45 minute run
Tues. 8/27	7:00am a run on your own today once storm clears CANCELLED
Wed. 8/28	7:00am 1 mile warm up, 1.5 mile threshold run at Phalen (or on track), Hills, 4 x 200 at race pace, 10-15 minute cool down
Thurs. 8/29	7:00am 30-45 minute run
Fri. 8/30	7:00am Warm up 2 miles (20 min) 4 x 1000 at CV pace (school track), 6 x strides, cool down 1-2 miles (15 min). Or Perimeter whistle run at Arlington (Rainbow Run if enough people)
Sat 8/31	4-7 miles-- a run on your own today or Sunday
Sun 9/1	Rest Day
Mon 9/2	Warm up 1-2 miles, 4-6 Threshold 800s, hills, Cool Down 1-2 miles OR on your own do a 10 minute warm up, 20 minute run with 2 minute pick ups (go a little faster) with 2 minutes active recovery (jog), then 6 x small hill, cool down 10 minutes

Practice Week Two: August 19-25

Meet by back doors of High School

You are expected to be at practice.

If you have to miss practice text or email me and your parent(s), and include reason for missing.

_Coach Koch 612-499-4472 or tarah.koch@spps.org

Mon. 8/19	Meet on by back doors of high school at 8:30 am ready to run Registration must be filled out online (if having trouble--talk to me) and fees must be turned into the Athletic Office. To compete in Friday's meet, all forms must be turned in by Wednesday morning's practice. 1-2 mile warmup, Form drills 2-3 X 1000s at Critical Velocity w/2-3:00 minute rest, Strides
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	Cool down 1-2 miles (Strength/core)
Tues. 8/20	8:30am Easy 30-45 min run
Wed. 8/21	8:30am-- Easy run 35-45 minutes with 8-10 hills, 5-6 strides
Thurs. 8/22	8:30 am 30 premeet run
Fri. 8/23	2:30pm meet at Washington Tech--sharing a bus Cretin Invite, Lake Elmo Park Reserve 4:30 PM Girls 5K 5:00 PM Boys 5K 5:30 PM Girls 3200m 6:00 PM Boys 3200m
Sat 8/24	8:30 am Captains Practice-- (30-60 min run) 3-8 miles, (3-5 newer runners, 6-8 returning--mile tempo run, 4x 200s at mile pace within long run) Lake Phalen Beach house
Sun 8/25	Rest Day or Bike

Practice Week One: August 12-18

Mon. 8/12	Meet on by back doors of high school at 8:30 am ready to run Sign up for cross-country!!! You must be signed up to participate and have a sports physical! Easy Run: Beginning runners 2-3 (20-30 minutes -run/walk if needed), Returning/those with summer mileage 3-5 (35-45 min) (from Johnson around lake and back is 5, or from Johnson to lake, north to Phalen picnic shelter and back is three). Stretch/Drills before-strength/arms, hip exercises after
Tues. 8/13	8:30 am Workout: Warm-up 10 min jog, Drills and stretch, (Fartlek: 2 min x 80% effort, 1 min easy for 12-24 minutes) Cool down 10. Core strength/stretch (New runners will run/walk as needed)
Wed. 8/14	8:30 am 30-45 minute Recovery Run--Followed by Ultimate Frisbee? (New runners will run/walk as needed at lower 30 minutes)
Thurs. 8/15	8:30 am Warm up to Rec Center--Stretch/Drills, Threshold 400's on grass by Rec Center (4 for new runners, 8 for returning/those with summer mileage), 6 x 60 m strides, 1-3 mile Cool Down back to School, Stretch/core (New runners will run/walk as needed)

Fri. 8/16	8:30 am Warm up, Drills/Stretch, Hills at Rec Center/Arlington or Beach house (5-6-new runners, 10-12 for those who have summer mileage) Afterwards returning runners 4x200 at mile pace, Cool down, Stretch/core & arms (New runners will run/walk as needed)
Sat 8/17	8:30 am Captains Practice-- 3-6 miles (3 newer runners-run/walk if needed, up to 6 returning)
Sun 8/18	Rest Day
	Approximate Total mileage for week: Beginners: 12-15 miles Returning with summer mileage: 25-30