

2019 Hale Distance Week 2

Week 1 was successful and fun. It's so great to have the CC boys back together, and just as awesome to have 7 new freshmen join in the family! We brought some great energy the first week, and learned a lot! We now look to establish good routine and habits.

We had quite the aerobic week (keeping with our emphasis in training) and will kick off week 2 with our aerobic beasts "Engine" run. Training is focused on being healthy and consistent. We know that hitting a bunch of singles and doubles will lead us to more happiness, health and success than trying to hit homeruns. **Continue to support each other, never set limits and continue to build each other up!**

Last week began quite cold, but our guys brought positive attitudes to the situation. We reminded ourselves that we are not facing true adversity and put in perspective what it meant to be out on a run. We were choosing to use our abilities and go out for a run. There are many unfortunately that were looking for a place to be inside on those days, and we keep that **perspective** of how lucky we are to be together 2 hours each day, having fun working hard. **A good reminder to be kind to others and help where you can.**

Let's make it a great week, with some fun competition!

Wednesday is the Pewaukee Dual. It's a very low key meet at Central and a great way to get some racing experience for younger guys. Most guys will be running the mile, 400 or 800 and a 4x400 relay. Friday's invitational is a varsity relays meet only. I was going to wait until the Parkside Invitational (200 m track) for guys to compete, but because solo and ensembles are that day, I will be racing guys Friday. Indoor season moves by fast so we look forward to the races this week!

Week 2

The track and field team focus will be on VALOR. Doing the right thing, acting with integrity not just when being watched, but with all we do. Our training will continue to focus on aerobic strength and athleticism. Our goal in training is to keep learning how to compete, and ABC (always be closing). **Bring purpose to practice, and you'll be able to respond and have purpose in races!** We get our first taste of race pace work within the two race settings this week! If not racing, we still have practice right after school and will be distance only so shorter!

Monday, March 11

Distance will go right after team meeting today. New groups.

Culture: Recap Nationals story lines - Badgers, Notre Dame DMR

Activation - Alligators

Workout: Aerobic Beasts Engine Run. Big range today 20 - 80 minutes.

Post Run: Agility Ladder, Core (athlete led), hip drills

Tuesday, March 12

Culture: Video / Racing and No limits

Activation: Hurdle Mobility (Low hurdles)

Workout: Normal run 20-45 minutes w/ 6x strides

Post Run: Plyos, Lifting

Wednesday, March 13 (Non Racers practice!)

Pewaukee Dual for all frosh + Hertel, Brennan, Matthew, Joey, Ian. There's no JV/varsity distinctions. Just getting guys in either wednesday or friday meet. 1 or 2 may run in both meets.

Activation: Alligators

Workout: Fartlek - Checkout track as well. Planned 10x30 seconds on, 1 minute steady off during the run. (Purpose to combine tempo w/ faster pace)

Post Run: Core, hip drills - Will go to Central to cheer on guys racing. Bring homework there, get some food prior.

Thursday, March 14

Optional Morning shakeout tbd on Wednesday.

Culture: Shoes - Sports talk continued. Reflect on racing

Activation: Alligators

Workout: Normal run 20-50 minutes + strides

Post Run: Agility Ladder, Core

Friday, March 15 (Non racers practice, leaders step up!)

Bulldog Relays. Lineups being made. Josh open 1600. DMR: Bradley, Ethan F, Liam. 4x400 - Ethan F, Bradley. 4x800 - Riley, Cole O (also races wednesday)
4x800 - (2 malamutes will run!) TBD . Will use meet to practice strategies (finishing second half fast)

Activation: Alligators

Workout: Fartlek 10x 1 minute on, 1 minute off. Utilize track?

Post Run- core, hip drills

Saturday, March 16 (9:00 a.m. Distance Practice)

Culture: Team breakfast @ Webb's after run. Not paid for, please bring money if wanting to attend!

Activation: Alligators

Workout: Recovery/Normal Run

Post Run: Circuit or Lift

Have fun working hard! Together, common purpose.