

Runners: if you have to miss a practice, email your coaches and cc your parent in the email

Group Brad: [brad.moening@spps.org](mailto:brad.moening@spps.org)

[Workout Supervision](#)

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McLaren, Red Bull, Ferrari, Mercedes, Aston - Klatt/Brad

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Group Grace: [grace.herber@spps.org](mailto:grace.herber@spps.org)

Practice Routine: meeting, warmup, run, speed, HIT, Hips

[MSHSL Weather/Air Quality Guidelines](#)

[The Book of Gavin](#)

[Workout Groups](#)

[Race Schedule](#)

**Workouts Week of Nov 3 - No Team Practice - these are just ideas if you are racing at Nike Regionals**

	Varsity/JV
Mon	5 to 7 miles Distance Runs and 4x hill
Tues	Easy Run and 4x200 at MP
Wed	Warm up 3 to 4 x 800 at CV with 1:20 rest 4 x 400 at MP, MP, 800, 800 pace (moving fast)
Thurs	Easy Run
Fri	Warm up 3 to 6 x 400 at threshold pace - 60 seconds rest 6 to 7 x 200 at MP
Sat	Travel Day - tour the course and run the final finish stretch 3x as a stride
Sun	NXR

**Workouts Week of Oct 27 (for State Qualifiers and anyone that wants to join them - including NXR racers)**

[Workout Groups](#)

	Varsity/JV	A-Team and Dev Squad
Mon	Body Scan CV 800s - bring spikes MP 200s Weight Room	Join varsity if you'd like.
Tues	Section Varsity Girls - Team Meeting at 3:15  Boys - meet in field house lobby - after run - go to 3303 Recovery Runs - 4 to 6 miles 4 x 10-second hills  Section Varsity Boys - Team Meeting at 4:30 (after workout)	Uniform Turn-in - turn in your uniform to Coach Moening in high school room 3303 at 3:05  Join varsity if you'd like. <b>Done by 4:45.</b>
Wed	Body Scan Tempo 400s (extended warm-up) Location TBD - might try new loop in Highland Bridge 3 x 400 at 5K pace 6 x 200 at MP	Join varsity if you'd like. <b>Done by 5:00.</b>
Thurs	State Meeting - 3:05 in room 3303 Team Gratitude Exercise Easy Runs - 3 to 4 miles 4 x 200 at MP	Join varsity if you'd like. <b>Done by 4:45.</b>
Fri	Optional Course Preview - State Participants You'll be excused from class at 1:40 We will meet at the Les Bolstad Clubhouse at 2:15. The golf course closes at 4:00. This is only open to state meet qualifiers and alternates. Provide your own transportation - must have transportation waiver filled out. We'll run the course - Short Run and Strides	No practice
Sat	State Championship <a href="#">Course Map</a> School Guide for State Tournament <a href="#">Spectator Guide</a> Location: University of Minnesota Les Bolstad Golf Course Bus Departs School 12:00 pm Team Drop-off will be on Cleveland Avenue  Class AAA Boys: 2:30 Class AAA Girls: 3:15 Awards: 3:45 <a href="#">Tickets</a> , <a href="#">Apparel</a> , <a href="#">Streaming</a> , <a href="#">Photos</a> Girls Box 21 Boys Box 21	Cheer on the varsity runners at the State Meet.
Sun		

**Workouts Week of Oct 20 (practices at 3:20 to 5:20 pm except where noted)**

	Experienced and trained runners (F1)	Newer Runners and/or those without summer mileage (F2).
Mon	<p>Body Scan</p> <p>Race Recap, Team Records (and Nordic)</p> <p>End of Season Reminders: Lineups, Uniforms, Team Voting, Banquet</p> <p>Section Team: Moderate CV workout 800s and 200s at the Boat Launch</p> <p>Runners not racing Sections: Boat Launch Tempo Run - 2x1 mile at Tempo</p>	<p>Body Scan</p> <p>Race Recap, Team Records (and Nordic)</p> <p>End of Season Reminders: Lineups, Uniforms, Team Voting, Banquet</p> <p>Boat Launch Tempo Run - 2x1 mile at Tempo</p>
Tues	<p>All Section Runners - meet in 3303 with uniforms on at 3:15</p> <p>All MS/JV Runners - meet in the weight room</p> <p>Visualization - your next race</p> <p>Section Team Meeting and Photos - wear your uniform. Outfit Ben W with the correct top.</p> <p>Section Team: Easy Run and Pacing 200s</p> <p>Runners not racing Sections: CV workout along Edgcumb - 800s, Hills, 200s</p>	<p>Visualization - your next race</p> <p>CV workout along Edgcumb - 800s, Hills, 200s</p>
Wed	<p>Section Championship</p> <p>The entire team attends and will be excused from class. Seven runners race.</p> <p><a href="#">Race Info</a> <a href="#">Highland Lineup</a></p> <p>Spectator Info</p> <p><a href="#">Uniform Rule Emphasis</a> <a href="#">Race Map</a></p> <p>8:50 Excused from Class</p> <p>9:15 On Course (4-mile run around the course for those not racing)</p> <p>10:00 Coaches Meeting (finish corral)</p> <p>10:40 Girls 5K Race</p> <p>11:30 Boys 5K Race</p> <p>12:30 Awards</p> <p>1:00 Return to class</p> <p>From the RD: Please note the prohibitions on headwear as well as on adornment like face paint, stickers, glitter, and so on.</p> <p>Highland Nine Hole Golf Course does not allow pets on the course. Please have your athletes advise their parents of this policy. Absolutely no footballs, Frisbees, soccer balls or other objects are allowed at this meet! No Bicycles!</p> <p>There is a possibility of frost on Wednesday morning so please check at the registration table before sending runners on the course.</p>	<p>Section Championship</p> <p>The entire team attends and will be excused from class.</p> <p><a href="#">Race Info</a> <a href="#">Highland Lineup</a></p> <p>Spectator Info</p> <p><a href="#">Uniform Rule Emphasis</a> <a href="#">Race Map</a></p> <p>8:50 Excused from Class</p> <p>9:15 On Course (4-mile run around the course for those not racing)</p> <p>10:00 Coaches Meeting (finish corral)</p> <p>10:40 Girls 5K Race</p> <p>11:30 Boys 5K Race</p> <p>12:30 Awards</p> <p>1:00 Return to class</p>

Thurs	<p>Nordic Team Info Meeting at 3:05 in Room 3304</p> <p>Meet in the Weight Room - 3:30ish</p> <p>Section Runners: Recovery Run and Weight Room MS/JV Racers: Warmup and 6/7 x 300 at Race Pace</p> <p>Uniform Turn in if not racing JV, MS or State</p> <p><a href="#">Vote for Team Awards</a> <a href="#">Venue Ranking</a></p>	<p>Nordic Team Info Meeting at 3:05 in Room 3304</p> <p>Meet in the Weight Room around 3:30</p> <p>MS/JV Racers: Warmup and 6/7 x 300 at Race Pace</p> <p>Uniform Turn in if not racing JV, MS or State</p> <p>Vote for Team Awards</p>
Fri	<p>Craig's Shower</p> <p>State Qualifiers: Tempo 1200s (on the track to keep it simple) and 4x200</p> <p>MS/JV Racers: Easy Run and Pacing 200s</p>	<p>Craig's Shower</p> <p>MS/JV Racers: Easy Run and Pacing 200s</p>
Sat	<p><a href="#">MS/JV Championship</a> <a href="#">Directions to Venue</a></p> <p>7:45 Bus Departs School (racers and those athletes we talked to on Thursday) <a href="#">Wave Placement</a> for JV Races</p> <p>1:30 MS Class AAA Girls 1:50 MS Class AAA Boys 2:30 Bus Departs STMA</p> <p>Section Team: Distance Run. Location TBD</p>	<p><a href="#">MS/JV Championship</a> <a href="#">Directions to Venue</a></p> <p>JV Lineup MS Lineup 7:45 Bus Departs School <a href="#">Wave Placement</a> for JV Races</p> <p>10:00 Fastest JV Girls 10:25 Fast JV Girls 10:55 Fastest JV Boys 11:15 Faster JV Boys 11:40 Fast JV Boys</p> <p>1:30 MS Class AAA Girls 1:50 MS Class AAA Boys 2:45 Bus Departs STMA</p>
Sun		Rest Day

#### Workouts Week of Oct 13 (practices at 3:20 to 5:20 pm except where noted)

	Experienced and trained runners (F1)	Newer Runners and/or those without summer mileage (F2).
Mon	Easy Run and 6 x 200 at 5K to Mile Pace Course Preview	Easy Run and 6 x 200 at 5K to Mile Pace Course Preview
Tues	<p><a href="#">St. Paul City Conference Championship</a></p> <p>All runners race. Varsity Girls: Ruby, Alice, Zoe, Ingrid, Bridget, Maisy, MadDog Varsity Boys: Theo, Noah, Skipper, Cooper, Ben W, Ben E, Chucky</p>	<p><a href="#">St. Paul City Conference Championship</a></p> <p>All runners race.</p> <p><a href="#">LG - Race Day Duties</a></p>

	<p><a href="#">LG - Race Day Duties</a>        Timing: John Magnuson MTEC        Location: Highland Nine Golf Course        1:40 pm Runners excused from class</p>	Timing: John Magnuson MTEC Location: Highland Nine Golf Course 1:40 pm Runners excused from class
Wed	<p><a href="#">Strava Art Run</a> (winners will be determined by the coaches)        Practice done by 4:30 (there is a football game)</p>	<p><a href="#">Strava Art Run</a> (winners will be determined by the coaches)        Practice done by 4:30 (there is a football game)</p>
Thurs	8:00 am to about 9:30 Threshold 800s and 200s at MP If you are in town - be there. We get it if you are traveling and can't make it.	8:00 am to about 9:30 Threshold 800s and 200s at MP If you are in town - be there. We get it if you are traveling and can't make it.
Fri	No team practice - on your own Recovery Runs - 3 to 6 miles	No team practice - on your own Recovery Runs - 2 to 4 miles
Sat	Distance Runs - on your own 6 to 9 miles (ideally on trails)	Distance Runs - on your own 4 to 7 miles (ideally on trails)
Sun	Rest Day	Rest Day

#### Workouts Week of Oct 6 (practices at 3:20 to 5:20 pm except where noted)

	Experienced and trained runners (F1)	Newer Runners and/or those without summer mileage (F2).
Mon	Body Scan Race Recap Distance Runs <a href="#">Tri County Tour</a> (8.2 miles) <a href="#">Otto Loop Long</a> (6.3 miles) 6x hill	Body Scan Race Recap Distance Run <a href="#">Otto Loop Long</a> (6.3 miles) <a href="#">Crosby</a> (4.6 miles) 6x hill
Tues	Visualization Recovery Runs and Weight Room (keep it light on the legs) Run for the Shirt - 9th/10th grade Agility Drills Discuss Pool Workout	Visualization Recovery Runs Run for the Shirt - 9th/10th grade Agility Drills
Wed	Body Scan CV Workout with VO2 max Location: Edgcumb	Body Scan CV Workout with VO2 max Location TBD

Thurs	Recovery Runs and Water Polo (tentative - waiting for a permit) F1 Runs first, Pool 2nd F2 Swims first, then weight room	Recovery Runs and Water Polo (tentative - waiting for a permit) F1 Runs first, Pool 2nd F2 Swims first, then weight room (keep it light on the legs)
Fri	Meet at the High School Garden Short Practice - Mid Distance Runs - we will be done by 4:45 <a href="#">Minnehehehe</a> (7) or <a href="#">Shaggy is Lost</a>  5:00 PM Central at HP (football - stadium closes early)	Meet at the High School Garden Short Practice - Mid Distance Run - we will be done by 4:45 <a href="#">Boring Brad</a> (4.0 miles)  5:00 PM Central at HP (football - stadium closes early)
Sat	8:00 am to 9:30 am - School Fields Workout - 600s with spikes on the grass, 200s on the track	8:00 am to 9:30 am - School Fields Workout - 600s with spikes on the grass, 200s on the track
Sun	Rest day	Rest day

### Workouts Week of Sept 29 (practices at 3:20 to 5:20 pm except where noted)

	Experienced and trained runners (F1)	Newer Runners and/or those without summer mileage (F2). After the first four weeks we will run the same workouts as the runners with summer mileage.
Mon	Body Scan - by Chad Distance Runs - <a href="#">Tri County Tour</a> or <a href="#">Otto Loop Long</a> 6x hill Run for the Shirt - 9th Hips	Body Scan - by Chad Distance Runs - <a href="#">Hidden Falls Backward</a> (4.6 miles) 6x hill Run for the Shirt - 9th Hips
Tues	Visualization <a href="#">The Full Carrot Flush (run)</a> <a href="#">The Rules, Teams and Map</a> Rock Skip Contest (time permitting) Weight Room (keep the leg work light)	Visualization <a href="#">The Full Carrot Flush (run)</a> <a href="#">Teams</a> (team captains should bring a phone) Rock Skip Contest (time permitting) Weight Room (keep the leg work light)
Wed	Fort Snelling CV 1200s and 400s at 5K pace (River CV if the E. coli reports are better) Bring trainers or tempo shoes - no spikes today Agility Drills + Hips	<b>IF POSSIBLE, BRING YOUR BIKE</b> Fort Snelling CV 800s & 400s at 5K pace If you can't get to Fort Snelling we'll have a similar workout near the school Bring trainers or tempo shoes - no spikes today Agility Drills + Hips

Thurs	No school: morning practice led by student leadership group.  9 am at <a href="#">Homecroft</a> Run Donuts Ultimate frisbee THEME DAY: wear neon!	No School - practice details TBD
Fri	Basecamp and Visualizing Scot of the Week Very Light Day Easy Runs and Pacing 200s - done by 4:30 Pack Tents and Gear	Basecamp and Visualizing Scot of the Week Very Light Day Easy Runs and Pacing 200s - <b>done by 4:30</b> Pack Tents and Gear
Sat	Alexandria Invite Buses Depart at 7:00 am <a href="#">Race Details</a> <a href="#">Tentative Lineup</a> (Only those listed in the lineup will be traveling with the team)	Alexandria Invite <b>Buses Depart at 7:00 am</b> <a href="#">Race Details</a> <a href="#">Tentative Lineup</a> (Only those listed in the lineup will be traveling with the team)
Sun	Rest day	Rest day

### Workouts Week of Sept 22 (practices at 3:20 to 5:20 pm except where noted)

	Experienced and trained runners (F1)	Newer Runners and/or those without summer mileage (F2). After the first four weeks we will run the same workouts as the runners with summer mileage.
Mon	Race Recap Body Scan Distance Runs <a href="#">Long Grind (8.6)</a> (Griak Racers - Grind at long run pace, everyone else Grinds) <a href="#">Grin and Grind</a> HIT, Hips	Race Recap Body Scan Distance Runs 6x hills, HIT, Hips
Tues	No school: morning practice led by student leadership group.  9:00 am meet at the <a href="#">volleyball courts on river road</a> . Donuts provided by LG after run, play volleyball after run	No school: no practice
Wed	Visualization - Run of the Mill Tempo Run (2 to 3.5 miles continuous in Crosby/Hidden Falls) Reverse - <a href="#">Grin and Grind</a> Agility Drills - hurdles and ladders HIT, Hips	Visualization - Positivity Day (and Positivity Story) Tempo Run Agility Drills - hurdles and ladders HIT, Hips

Thurs	Gratitude Practice 7th-9th grade boys team meeting - training 10th/11th boys team meeting - goals girls team - ROAR Part 2 Scot of the Week Recovery Runs	Gratitude Practice Scot of the Week Recovery Runs
Fri	Visualization and Positivity Day (and Positivity Story) FM Workout (summative*) <a href="#">Rubric</a> Bring spikes/water - this will be a "race-level" effort. You want to be well-fueled for the workout. <i>*workout will be part of the equation used to set lineups for future races.</i>	Visualization FM Workout Bring spikes/water - this will be a "race-level" effort. You want to be well-fueled for the workout.
Sat	Team Trail Easy Distance Run 8:00 am We will meet at the Rapacz House ( <a href="#">1343 S. Prior Ave</a> ) Come meet the Mayor of Pike Island, and tour Fort Snelling State Park.	Team Trail Easy Distance Run 8:00 am We will meet at the Rapacz House ( <a href="#">1343 S. Prior Ave</a> ) <b>Must be able to run 3 miles nonstop.</b>
Sun	Rest day	Rest day

#### Workouts Week of Sept 15 (practices at 3:20 to 5:20 pm except where noted)

	Experienced and trained runners (F1)	Newer Runners and/or those without summer mileage (F2). After the first four weeks we will run the same workouts as the runners with summer mileage.
Mon	Body Scan <a href="#">Minnehehehe (7 miles)</a> + Little (for a few) 6x hill (medium hill) HIT	Body Scan <a href="#">Edgcumbe (4 miles)</a> 6x hill (medium hill) HIT
Tues	<a href="#">Picture Day</a> <a href="#">Fake Otto Route</a> (4.5 miles - we'll go a touch longer for a few) Hurdles and Ladders Meeting - 7th, 8th and 9th grade boys	<a href="#">Picture Day</a> CV workout along Edgcumbe Hurdles and Ladders
Wed	Body Scan Griak Top 10 Runners - CV workout at track If the forecast stays hot - we make move to the track or Edgcumb  Burnsville Racers - Easy Run and Strides, done by 4:45	Body Scan Burnsville Racers - Easy Run and Strides Short practice - done by 4:45
Thurs	<a href="#">Burnsville Invite</a> (runners not racing at Griak) <a href="#">Lineup</a> Uniform - HP singlet, shorts, gray pack shirt and red jacket if cold Runners excused from class at 1:40 Bus Departs at 2:00 3:50 JV Girls 4:25 JV Boys 5:00 Combined Varsity Race 5:30 Awards	<a href="#">Burnsville Invite</a> (runners not racing at Griak) <a href="#">Lineup</a> Uniform - HP singlet, shorts, gray pack shirt and red jacket if cold Runners excused from class at 1:40 Bus Departs at 2:00 3:50 JV Girls 4:25 JV Boys 5:00 Combined Varsity Race 5:30 Awards

	<p>5:45 Bus Departs</p> <p>Griak Racers - ride the bus to Burnsville or drive yourself (with a transportation waiver). We will get in a workout and cheer.</p>	<p>5:45 Bus Departs</p>
Fri	<p>Day Off for Burnsville Invite Runners</p> <p>Griak Runners and Alternates: For those who can provide transportation and have submitted a transportation waiver. We will meet at the Les Bolstad Course at 4:00 by the start line for an easy run and race prep, and visualization. We should be done at 5:30 pm. LG - We should consider running the tent over.</p> <p>Burnsville Varsity Runners. If you have a transportation waiver filled out and can get a ride. Meet us at Les Bolstad golf course for a workout (bring spikes). No pressure if you can't make it.</p> <p><u><a href="#">Transportation Waiver</a></u>: email or hand to brad.moening@spps.org</p>	Day Off - no practice
Sat	<p>Roy Griak Invitational - we run 10 boys and 10 girls - <a href="#">Lineup</a> <a href="#">Map</a> <a href="#">Race Packet</a>  Alternates are with the team on Saturday.  No bus - talk to teammates about car pooling</p> <p>Les Bolstad Golf Course - <a href="#">HP Race Records at Griak</a> Boys Box 26 Girls Box 9  <a href="#">Race Info Page</a> <a href="#">Buy your Tickets (non-racers)</a></p> <p>Arrive at Golf Course 9:30 (leave time for parking and walking over)  11:15 AM – High School Girls Championship Race  12:00 PM – High School Boys Gopher Competition</p>	Long run - 30-40 minutes of continuous running
Sun	Rest day	Rest day

#### Workouts Week of Sept 8 (practices at 3:20 to 5:20 pm except where noted)

	Experienced and trained runners (F1)	Newer Runners and/or those without summer mileage (F2). After the first four weeks we will run the same workouts as the runners with summer mileage.
Mon	<p>Body Scan</p> <p>Tempo Run - run to boat launch (2 to 4 miles at tempo)</p> <p>4x200 (at the boat launch)</p> <p>LG Meeting</p>	<p>Body Scan</p> <p>Tempo Run - run to boat launch (1.5 to 2 miles at tempo)</p> <p>4x200 (at the boat launch)</p>

Tues	<p>Team Photo - wear your uniform</p> <p><a href="#">Bridge and Bark</a> (7 miles)</p> <p><a href="#">Hidden Falls</a> (5 miles)</p> <p>6x grass hill mid distance</p> <p>HIT and Hips</p>	<p>Team Photo - wear your uniform</p> <p>Easy Recovery Run</p> <p>6x grass hill</p> <p>HIT and Hips</p>
Wed	<p>Body Scan and Visualizing</p> <p>CV Workout - on the track - bring tempo shoes (not spikes) if you have them</p> <p>HIT and Hips</p>	<p>Body Scan and Visualizing</p> <p>CV Workout - on the track</p> <p>HIT and Hips</p>
Thurs	<p>Gratitude Exercise</p> <p>Middle School - Run for the Shirt</p> <p>Recovery Runs</p> <p>Hurdles and Ladders</p> <p>5:30 pm Showcase (practice ends at 5:00)</p>	<p>Gratitude Exercise</p> <p>Middle School - Run for the Shirt</p> <p>Recovery Runs</p> <p>Hurdles and Ladders</p> <p>5:30 pm Showcase (practice ends at 5:00)</p>
Fri	<p>Visualization</p> <p><a href="#">Conference/Section Championship Course Preview</a> (we will jog the outside of the course)</p> <p>We are not racing - but here is the <a href="#">schedule of teams</a> on the golf course (alumni at 6:00/6:45)</p> <p>6x200 (yes more than normal)</p> <p>done early - about 4:45</p>	<p>Visualization</p> <p>Conference Championship Course Preview (we will jog the outside of the course)</p> <p>We are not racing - but here is the <a href="#">schedule of teams</a> on the golf course (alumni at 6:00/6:45)</p> <p>6x200 (yes more than normal)</p> <p>done early - about 4:45</p>
Sat	<p><a href="#">Metro Invite</a> Lineup</p> <p>4:30 pm Bus Departs</p> <p>We are racing in Red JV and Varsity races only</p> <p>Middle Schoolers will race JV</p> <p>Bus departs the race at 9:45 pm (back to school about 10:15 pm)</p>	<p><a href="#">Metro Invite</a> Lineup</p> <p>4:30 pm Bus Departs</p> <p>We are racing in JV and Varsity races only</p> <p>Middle Schoolers will race JV</p> <p>Bus departs the race at 9:45 pm (back to school about 10:15 pm)</p>
Sun	Rest day	Rest day

#### Workouts Week of Sept 1 (practices at 3:20 to 5:20 pm except where noted)

	Experienced and trained runners (F1)	Newer Runners and/or those without summer mileage (F2). After the first four weeks we will run the same workouts as the runners with summer mileage.
Mon	<p>Labor Day (as request by some of the runners)</p> <p>8:00 am optional practice for F1 runners</p> <p>Meet at Wabun Park - Warmup, tempo run along river road. Done by 9:30.</p>	<p>Labor Day - no official practice for F2</p> <p>20-30 minute easy run on your own</p>

Tues	Body Scan and Relaxation Race Recap <a href="#">Mateo Loop</a> Agility Drills - hurdles and ladders HIT + HIPs	Body Scan and Relaxation <a href="#">Chucky's Loop</a> (3.1 miles) <a href="#">Mateo Loop</a> (4 miles) Agility Drills - hurdles and ladders HIT + HIPs
Wed	Basecamp Practice <a href="#">Long Grind (8.6)</a> or <a href="#">Grin and Grind</a> (Grind at tempo) 6xHill 4x150 Coaches - dig out cones, flagging and stakes	Basecamp Practice Edgcumbe down Montreal then up (half) the Grinder 4 x 150s
Thurs	Gratitude Practice LG Presentation: Sleep and Nutrition + ROAR Recovery Runs Pacing 200s	Gratitude Practice LG Presentation: Sleep and Nutrition + ROAR Recovery Runs Pacing 200s
Fri	<a href="#">St Paul Two Mile</a> (course will likely change slightly) <a href="#">Lineup</a> Wear your gray pack shirt to school on Friday Uniform - HP top, HP shorts, pack shirt, red jacket	<a href="#">St Paul Two Mile</a> (course will likely change slightly) Wear your gray pack shirt to school on Friday Uniform - HP top, HP shorts, pack shirt, red jacket
Sat	Team Trail Distance Run 8:00 am We will meet at the Rapacz House ( <a href="#">1343 S. Prior Ave</a> ) Come meet the Mayor of Pike Island, and tour Fort Snelling State Park. <a href="#">Variety of Distances - up to 10 miles</a>	Team Trail Distance Run 8:00 am We will meet at the Rapacz House ( <a href="#">1343 S. Prior Ave</a> ) Come meet the Mayor of Pike Island, and tour Fort Snelling State Park. <a href="#">Variety of Distances</a>
Sun	Rest Day	Rest Day

### Workouts Week of Aug 25 (practices at 7:00 am except where noted - run about 2 hours - meet on the track)

	Experienced and trained runners (F1)	Newer Runners and/or those without summer mileage (F2). After the first four weeks we will run the same workouts as the runners with summer mileage.
Mon	7:00 am on the track (bring spikes) Quick Team Meeting <a href="#">MasterBlaster Warmup</a> CV Workout: 1000s (grass), hills, 200s (track) HIT + HIPs Optional: Weight Room	7:00 am on the track (bring spikes) Quick Team Meeting <a href="#">MasterBlaster Warmup</a> CV Workout on grass, hills, 200s (track) HIT + HIPs Optional: Weight Room
Tues	Visualization Practice + Endorphins Recovery Runs 3 mile - <a href="#">Edgcumb</a> 4.5 miles - <a href="#">Fake Otto Loop</a>	Visualization Practice Recovery Runs Hurdles and Laddlers HIT

	Hurdles and Laddlers HIT	
Wed	Body Scan Discuss Irish Invite Race Plans Distance Run - <a href="#">Pike Island 6 or 8 mile</a> 4 x 10 seconds hill 300M HIT + HIPs	Body Scan Distance Run Challenge - 30 minutes of continuous running Chucky's Loop (find the route here; <a href="#">The Book of Gavin</a> ) 4 x 10 seconds hill 300M HIT + HIPs
Thurs	LG Presentation: Training Paces - LSD, CV, Threshold Team Gratitude Exercise Team Shirts Easy Run, pacing 200s and Hips - this will be a short day - done at 8:30 Uniform Issue if you haven't done it yet	LG Presentation: Training Paces - LSD, CV, Threshold Team Gratitude Exercise Agility Drills Team Shirts Easy Run and Hips - this will be a short day - done at 8:30 Uniform Issue if you haven't done it yet
Fri	Irish Invitational - Rosemount High School Fields <a href="#">Race details and schedule</a> <a href="#">Lane Assignments</a> no spikes for 2025 - flats, tempo, or trainers No dogs on the course - please tell your spectators Results - at <a href="#">Wayzata Results</a> <a href="#">Draft Lineups</a> (if you are not racing - please warm up with your teammates) Uniform - Red Jacket, grey pack shirt, HP singlet and shorts  6:45 LG grab tents/water/spike kit 7:00 am bus departs (be at school at 6:50). School Parking Lot 8:45 am boys JV (2 miles) (unlimited entrants) 9:10 am girls JV (2 miles) (unlimited entrants) 10:00 am girls C (2 miles) (unlimited entrants) 10:25 am boys C (2 miles) (unlimited entrants) 10:50 am girls Varsity (2 miles) 11:15 am boys Varsity (2 miles) 12:00 pm Bus Departs	Irish Invitational - Rosemount High School Fields <a href="#">Race details and schedule</a> no spikes for 2025 - flats, tempo, or trainers If you really want to wear spikes - ¼ inch is max allowed No dogs on the course - please tell your spectators Results - at <a href="#">Wayzata Results</a> <a href="#">Draft Lineups</a> (if you are not racing - please warm up with your teammates)  6:50 Arrive at the school parking lot 7:00 am bus departs 8:45 am boys JV (2 miles) (unlimited entrants) 9:10 am girls JV (2 miles) (unlimited entrants) 10:00 am girls C (2 miles) (unlimited entrants) 10:25 am boys C (2 miles) (unlimited entrants) 10:50 am girls Varsity (2 miles) 11:15 am boys Varsity (2 miles) 12:00 pm Bus Departs
Sat	8:00 to 9:30 Trail Run <a href="#">Lebanon Hills Visitor Center</a> Easy recovery run the day after the race	Rest Day if you need it - otherwise you can do an easy 20-30 minute run or an hour long bike ride or roller ski.
Sun	Rest Day	Rest Day

**Workouts Week of Aug 18 (practices at 7:00 am except where noted - run about 2 hours - meet on the track)**

	Experienced and trained runners (F1)	Newer Runners and/or those without summer mileage (F2). After the first four weeks we will run the same workouts as the runners with summer mileage.
Mon	<p><b>Postponed until Tuesday</b></p> <p>7:00 am at Wabun Park in Minneapolis  <u><a href="#">Hoof N Bike</a></u>  <u><a href="#">Rough Draft - Teams for Hoof n Bike</a></u> (expect changes)</p> <p>On your own:  mid-distance run or  Warmup - then 6 to 8 x 200 at mile pace - cooldown</p> <p>Pizza Party Monday Night - details on webpage</p>	<p><b>Postponed until Tuesday</b></p> <p>7:00 am at Wabun Park in Minneapolis - <b>we are not meeting at school</b>  <u><a href="#">Hoof N Bike</a></u>  <u><a href="#">Rough Draft - Teams for Hoof n Bike</a></u> (expect changes)</p> <p>Pizza Party Monday Night - details on webpage</p>
Tues	<p>7:00 am at Wabun Park in Minneapolis  <u><a href="#">Hoof N Bike</a></u>  <u><a href="#">Rough Draft - Teams for Hoof n Bike</a></u> (expect changes)</p> <p>We will probably make many team changes - be flexible today. Bring a bike and bike lock unless you have confirmed with your teammate that you don't need it.</p>	<p>7:00 am at Wabun Park in Minneapolis - <b>we are not meeting at school</b>  <u><a href="#">Hoof N Bike</a></u>  <u><a href="#">Rough Draft - Teams for Hoof n Bike</a></u> (expect changes)</p>
Wed	<p>7:00 am  Body Scan and <u><a href="#">Endorphins</a></u>  Practice Pre-race routine  Mid Distance - <u><a href="#">Shaggy is Lost Boring Brad</a></u>  4x200 Pacing Practice  HIPS  Uniforms - make up day  9:00 am - Coach Meeting with the Athletic Director</p>	<p>Body Scan  Practice Pre-race routine  Mid Distance - (2.5 - 3.5 miles)  4x200 Pacing Practice  HIPS</p>
Thurs	<p>No morning practice.  Experienced runners - 2 to 3 mile morning run on your own (or 45 to 60 min ski)</p> <p><u><a href="#">Fill out your bio by Monday night</a></u> (open)  <u><a href="#">Lineup</a></u> (expect a few changes)</p> <p><b>The Preview</b>  Runners should arrive at 5:30 (even if you aren't racing)  The Uniform is: HP top/shorts - also wear your pack shirt  <u><a href="#">Slight Tweak to Schedule</a></u>  6:20 pm Girls 800m  6:30 pm Boys 800m  6:45 pm Combined 1600  7:05 pm Girls 3200  7:25 pm Boys 3200  7:40 pm Summer Awards  Volunteers:</p>	<p><b>No morning practice.</b></p> <p><u><a href="#">Fill out your bio by Monday night</a></u>  <u><a href="#">Lineup</a></u> (expect a few changes)</p> <p><b>The Preview on the HP track</b>  Runners should arrive at 5:30 (even if you aren't racing)  The Uniform is: HP top/shorts. also wear your pack shirt  6:20 pm Boys/Girls 800m  6:30 pm Girls 1600  6:45 pm Boys 1600  7:05 pm Girls 3200  7:25 pm Boys 3200  7:40 pm Summer Awards</p>
Fri	<p>Meet on the <u><a href="#">Lake Nokomis Beach</a></u> at 7:00 am - we are not meeting at school  Note: we are watching the <u><a href="#">beach condition</a></u> (thigh deep max while in the water).</p>	<p>Meet on the <u><a href="#">Lake Nokomis Beach</a></u> at 7:00 am - <b>we are not meeting at school</b></p>

	<p>Nicknames - bring one or your teammates do pushups (and we give you a nickname)  12 x 50 meters - knee deep to thigh deep at the beach with 2 wu/4 cd  Experienced Runners - 5 x 200 at MP on the grass  Yoga by Klatt  HIT by Brad and Chad  Practice should run about 120 minutes.</p>	<p>Nicknames - bring one or your teammates do pushups (and we give you a nickname)  12 x 50 meters - knee deep to waist deep at the beach with 2 wu/4 cd  Experienced Runners - 5 x 200 at MP on the grass  Yoga by Klatt  HIT by Brad and Chad  Practice should run about 120 minutes. Athletes typically go to A Baker's Wife Pastry Shop afterwards for donuts. Bring money if you're interested.  All this assumes the water quality is ok - stay tuned.</p>
Sat	<p>August 23  8:00 am to 9:30 am Distance Run  Location: Lake Harriet Bandshell Park  25 min easy, 25 min medium, 25 min medium-hard (not quite tempo)</p>	<p>Rest Day if you need it - otherwise you can do an easy 20-30 minute run or an hour long bike ride or roller ski.</p>
Sun	Rest Day	Rest Day

## Workouts Week of Aug 11 (practices run about 2 hours - meet on the track)

[The Book of Gavin](#)   [Workout Groups](#)   [Race Schedule](#)

	Experienced and trained runners (F1)	Newer Runners and/or those without summer mileage (F2). After the first four weeks we will run the same workouts as the runners with summer mileage.
Mon	<p>Meet at 9:00 am, ready to run - must have athletics department paperwork done  Team Overview and Announcements  Body Scan  Workout: You get to make your mark on the 1.5 Mile Time Trial.  Previous Results - <a href="#">Boys</a> <a href="#">Girls</a></p> <p>Post TT, easy barefoot run with light strides  Leg Lifts and Banded Clams  Push up and Pull ups for 5000 push up club</p> <p>Leadership Group Meeting after practice:  Changes to practice schedule: meeting, warmup, run, speed, HIT, Hips  <a href="#">Jeff Boeke Warmup routine</a>   <a href="#">Video</a></p>	Same as varsity/jv
Tues	<p>Air Quality is 142 - we will shorten the aerobic portion of the workouts - focus on skill development</p> <p>7:00 am</p>	<p>.5 mile warmup  Teach warm up routine  1.5-3 mile recovery run  Intro to mini-hurdles/ladders</p>

	<p>Team Meeting, Visualization Practice  LG Walkthrough the warm-up routine - <a href="#">Jeff Boele Warmup routine</a> <a href="#">Video</a>  4 to 6 mile recovery run.  Wickets and Ladders  <a href="#">HIT</a> and Hips</p>	
Wed	<p>7:00 am  Team Meeting, Body Scan, Running and Road Safety  LG Walkthrough the warm-up routine  Distance Run and <a href="#">Grinder</a> (85% effort) <a href="#">The Long Grind</a> <a href="#">Grin and Grind</a>  4 x 200 at MP  Issue Uniforms</p>	<p>.5 mile warmup  Warm up routine  Intro to Strides  Game: Ultimate Frisbee or Ultimate Ball  Intro to Hip Stability</p>
Thurs	<p>7:00 am  Team Meeting, Gratitude  Warmup  Easy run 4 to 6 miles <a href="#">Mateo Loop</a> <a href="#">Shaggy is Lost</a>  Wickets and Ladders  <a href="#">HIT</a> and Hips  <b>Thrift Day</b> (will have gear donated by alumni)</p>	<p>Fartlek (i.e. Speedplay) Workout (6-12 x 1:00 "on"/1:00 "off")  4 x 10 seconds grassy hill  Issue Uniforms</p>
Fri	<p>7:00 am  Team Meeting, Visualization, Review Emergency Action Plan  Warmup  Tempo Repeat 800s at the school fields (bring spikes - we will ease into them)  4x 150 Strides  300M   Leadership Group Meetings after practice</p>	<p>0.5 mile warmup  Warm up routine  2 or 3 800s on grass  3x strides  Leg lift, Banded Clams, Single Leg Bridge, Monster Walk  Gratitude exercise</p>
Sat	<p><b>CANCELLED (weather)</b>  Lake Harriet Bandshell Park   Long Run - 8:00 am (have your ride pick you up at about 9:20)  25 min easy, 20 min medium, 20 min hard</p>	<p>Rest Day if you need it - otherwise you can do an easy 20-30 minute run or an hour long bike ride or roller ski.</p>
Sun	<p>Rest Day  This is a good day for a long rollerski.</p>	<p>Rest Day</p>