

Wayzata Men's Cross Country www.wayzata-xc.com

Week #11

Day		Time Schedule / Workouts / Events
Monday	10/20	3:35pm: JV -- workout (likely 400s); Varsity -- set-up 200s (meet inside)
Tuesday	10/21	3:35pm: JV Medium, Varsity Pre-Meet (meet inside)
Wednesday	10/22	1:10pm: Varsity Dismissed 1:30pm: Bus Leaves (Section 9 + Abdi, Lachlan, Tong, Furcht) 3:40pm: Section 6AAA Boys Race (girls to follow at 4:10). Light workout for alternate(s) who do not compete. NO official JV practice -- all coaches will be at Gale Woods for the Section Meet. You are welcome to come watch, but we will only have our top 13 guys getting out early and boarding the bus. Medium with 6 x 'ins and outs' to finish would be a great plan for today for non-racers.
Thursday	10/23	3:35pm: Recovery sets + jog for racers, set-up 200s for Saturday racers.
Friday	10/24	3:35pm: Varsity - medium; JV Pre-Meet
Saturday	10/25	9:00am: Buses for JV FINALE at STMA's Lower Rec Center: MEET INFO!!! 10:55-11:15-11:40: 3 Boys races -- we will not know which race until Thursday or Friday -- it is based on your individual performance up until this point (fastest race at 10:55). This is going to be lots of fun -- t-shirts to the top 10 finishers in each race! The buses will not head home until a little after 2:00 upon the conclusion of the MS State Meet (our young guys race at 1:50). If you plan to stay, be sure to bring plenty of food and water! Varsity: we will set up our workout for earlier this day. We may meet at Lower Rec or do it somewhere else. We'll figure it out after Wednesday's race.
Sunday	10/26	OFF

- **JV FINALE:** This is the LAST TIME we have our entire JV together for the season. Let's get after our last official 5k of the season! **Important goals for the day:** prepare as best we can, control our attitude and effort, and have some fun racing together.
- **Sections:** We get another chance to run well against a quality field at Gale Woods!
- **Health:** If you are sick, please stay away from the team practices. This is the time of year where our varsity guys cannot afford to be ill -- so if you have a fever, new cough, snotty nose, chills, whatever...do not come to practice.

- **JV UNIFORM TURN-IN IS NEXT MONDAY right after school! This is not optional.**

Next Week: **State Meet on Saturday.** Anyone on the team may continue to train with the team as long as they are consistently present and focused continuing to get better. We are hopeful that our team will advance to State. Top 2 teams and 6 individuals NOT on a qualifying team will head to State at Les Bolstad Golf Course.

Repeat Reminders:

- **Stay on top of your schoolwork. You are a student first!**
- **MONITOR YOUR HEALTH:** If you are sick, **DO NOT COME TO PRACTICE and do not plan on competing.** Don't show up to practice and say, "I'm sick. What do you want me to do?" Stay home, send an email or a text!
- **WHAT TO BRING to practice:** Athletes should **ALL HAVE**
 - a clearly labeled water bottle
 - a string bag for belongings (phone, keys, water bottle, post-run snack, etc) -- you should NOT share a bag, bottle, or any other personal belonging with another athlete
- **Safety** while running in the community is always a big priority. Athletes should always follow all traffic / pedestrian laws. They will receive specific instructions about how to cross Peony/Lawndale as they leave the HS campus.
- **INJURIES:** Talk to a coach BEFORE a run if there is something bothering you. If you wait until after a run, then we are potentially one day further along, which means increased recovery time. Communicate!
- **EAT BREAKFAST! Every day. No exceptions.**