

If you have to miss a practice - email your coach and cc your parent

[Roster](#)

[Race Schedule](#)

Varsity Skiers email: [brad.moening@spps.org](mailto:brad.moening@spps.org)

JV Skiers email: [jaclyne.jandro@gmail.com](mailto:jaclyne.jandro@gmail.com) [Highland Nordic Race Schedule 23-24](#)

### HP Nordic - Workouts Week of Feb 5

	Varsity - Coach Moening	JV - Coach Jandro and Coach Fabel
Mon	Battle Creek - skate Warm up - 15 minutes 3 x 2 min L3 (with good technique) 3 x 1 min L4 3 x 30 sec fast with good technique - focus is good technique (all rests are 3 min)	
Tues	<a href="#">Going to State</a> - bus leaves at 4:00 pm	
Wed	Pursuit Race	
Thurs	Relay Race	
Fri		
Sat		
Sun		

### HP Nordic - Workouts Week of Feb 5

	Varsity - Coach Moening	JV - Coach Jandro and Coach Fabel
Mon	Quick Team Meeting at 3:05 in 3303  Then Choice Day - either: <ul style="list-style-type: none"><li>• ski on your own</li><li>• Prep skis</li><li>• Easy run</li></ul>	

Tues	<a href="#">Section Competitor Notes</a>  <b>Revised Section Schedule - updated Feb 2</b> 6:30 am Boys Arrive (not relay) 7:15 am Girls Arrive (not relay) 7:45 am Relay Skiers Arrive 7:30 – Coaches Meeting and Bib Pick-Up 8:00 – Boys Classic Interval Start 8:45 – Girls Classic Interval Start 10:00 – Boys Tandem Sprint Finals 10:30 – Girls Tandem Sprint Finals 12:00 – Boys Pursuit Freestyle 1:00 – Girls Pursuit Freestyle 2:00 – Awards  <a href="#">Spectator Map</a> Spectator guidelines: All spectators are requested to stay off the groomed trails. Groomed trails are exclusively for skiers. Crossing the trails to reach the pines in the middle of the 'prairie pass' is not allowed. Spectators can enjoy the race from designated areas along the sledding hills and berm near the timing building, off the trails. I have attached an image of where the spectators should and should not go. The red 'x's are no spectators zone and the green area is okay for spectators. Please note, the spectators must stay off the trails and on the outside of the soft fence.	
Wed	Rest Day - no practice	
Thurs	State Qualifiers: Team Meeting at 3:05 pm  Option: Easy Run and Clean Skis, Weight Room  Or ski on your own (assuming this is possible) 60 min workout with 6x speeds	
Fri	Option: Easy Run and Clean Skis, Weight Room  Or ski on your own (assuming this is possible) Workout - 2 x 1K	

Sat	Distance Day - on your own 80 minutes and 6x30 seconds at L5	
Sun	Rest Day	

### HP Nordic - Workouts Week of Jan 29

	Varsity - Coach Moening	JV - Coach Jandro and Coach Fabel
Mon	Provide your own transportation Battle Creek - 3:45 to 5:00 pm - classic At 3:45 - quick meeting at start area We will cheer the JV racers (try and stay out of their way) Warmup, L4 8x1 minute (on top) 6x starts (on top)	JV Conference Championships! <a href="#">Lineup</a> 1:40 excused from school 2:20 bus leaves Be prepared for: 3:45 start - boys race 3:55- girls race Line up like varsity One skier per school starts every 30 sec. Boys race first, 10 min then girls race Top 25 skiers in each race receive a ribbon
Tues	Provide your own transportation Battle Creek - 3:45 to 5:00 pm - skate Metro East Conference Championship should be done by 3:00 pm At 3:45 - quick meeting at start area 90 minute distance ski - pickups every 10 minutes	No practice
Wed	Section Meeting 3:05 in Room 3303 <a href="#">Section Notes</a> Section Photos - black pants - red jacket Easy run and Weight Room	Giant game of capture the flag on the whole golf course with all squads JV team meeting in Moening's room after the game- summer planning
Thurs	Provide your own transportation Battle Creek - 4:00 to 5:30 pm - skate Suburban East Conference should be done by 4:00 pm At 4:00 - quick meeting at start area	No practice

	Skate Intervals 3 x 3 min at L3 (this is an extended warm up - stay off A-Climb) 6 x 1 min at L5 (3 on the A-Climb, 3 coming out of the start area) 3 x finish into the stadium All rests are 2 min	
Fri	Choice Day - either: <ul style="list-style-type: none"> <li>• ski on your own</li> <li>• Prep skis</li> <li>• Weight room and run</li> </ul>	No practice
Sat	Wirth Closed for Loppet Events On your own - Distance Ski - but no longer than 1:30 to 1:45 If the slush is extra taxing - keep it shorter and add PM run	
Sun	On your own - this depends on snow conditions Warm up - 25 minutes 3 x 2 min L3 6 x 30 sec fast with good technique - focus is good technique	

### HP Nordic - Workouts Week of Jan 22

	Varsity - Coach Moening	JV - Coach Jandro and Coach Fabel
Mon	Provide your own transportation Battle Creek - 3:45 to 5:00 pm - skate At 3:45 - quick meeting at start area Recovery Ski for the JN racers Warm up, 4 x 4 min L4 for those that didn't race over the weekend	Provide your own transportation Battle Creek - 3:45 to 5:00 pm - skate 20 min warmup Meet at the top of the A climb for Technique work 20 min if space allows 4 x 4 min L4
Tues	3:05 Quick Meeting room 3303 Run and Weight Room Ski Prep	Meet in Weight room at 3:30 Run and weight room
Wed	Provide your own transportation Battle Creek - 3:45 to 5:00 pm Classic Technique Focus Relay Racers - Exchange Zone Practice	Provide your own transportation Battle Creek - 3:45 to 5:00 pm Meet at start at 3:45 Skate Technique Focus

Thurs	Varsity Meeting at 3:05 pm room 3303 Load Tents and Gear into Koch car Ski Prep, Easy Run, Gear Prep	JV Meeting Team Room 2, Ski prep, easy run
Fri	Conference Championships - Wirth Park <a href="#">Lineup</a> <a href="#">Competitor Notes</a> 7:30 am Bus Departs 10:00 Boys 5km classic 11:00 Girls 5km classic 12:00 Boys Sprint Relay 12:30 Girls Sprint Relay 1:40 Boys 5km pursuit 2:20 Girls 5km pursuit 3:15 Awards 3:50 Bus Departs	Conference Championships- if you are not competing or an alternate we'd still love to have you to cheer on your team! Lineup <a href="#">Competitor Notes</a> 7:30 am Bus Departs 10:00 Boys 5km classic 11:00 Girls 5km classic 12:00 Boys Sprint Relay 12:30 Girls Sprint Relay 1:40 Boys 5km pursuit 2:20 Girls 5km pursuit 3:15 Awards 3:50 Bus Departs
Sat	On your own - recovery ski or rest day	Easy ski on your own
Sun	On your own (ideally with teammates) 2 hour distance ski	Rest, drink plenty of fluids, +6 maybe pasta party with your teammates?

### HP Nordic - Workouts Week of Jan 15

	Varsity - Coach Moening	JV - Coach Jandro and Coach Fabel
Mon	No School Looking at the weather - we will not hold a team practice, but if it works for you - 60 min ski or urn	No School Looking at the weather - we will not hold a team practice, but if it works for you - 60 min ski or urn
Tues	Provide your own transportation Battle Creek - 3:45 to 5:00 pm Classic ski with 10 x speeds (10-20 sec)	Provide your own transportation Battle Creek - 3:45 to 5:00 pm Classic ski with 10 x speeds (10-20 sec)
Wed	Classic Race at Hyland (skate for new skiers) <a href="#">Varsity Lineup</a> 1:40 Excused from class 2:10 Bus Departs 3:45 Varsity Boys	Classic Race at Hyland (skate for new skiers) <a href="#">JV Lineup</a> 1:40 Excused from class 2:10 Bus Departs 3:45 Varsity Boys

	4:00 Varsity Girls 4:15 JV and Dev Squad 5:15 Bus Departs 5:45 return to school	4:00 Varsity Girls 4:15 JV and Dev Squad 5:15 Bus Departs 5:45 return to school
Thurs	No team practice - we've been told no team practices after school on Thursday because of Showcase.  If you can - go ski - 90 minutes with pickups every 10 min	No team practice - we've been told no team practices after school on Thursday because of Showcase.  If you can - go ski - 90 minutes with pickups every 10 min If not, 40 min run and core at your house
Fri	Pool and weight room Boys: Nordic 1 and 2 Girls: Nordic 3	Pool and weight room Boys: Nordic 1 and 2 Girls: Nordic 3 JV team meeting
Sat	8:00 to 10:00 Battle Creek - classic ski Warmup, 2x1K classic sprints (if space available) Then distance ski	8:00 to 10:00 Battle Creek Warmup, 2x1K classic sprints (if space available) Classic Distance Ski
Sun	Recovery Day or easy 60 min run or ski	Rest day

### HP Nordic - Workouts Week of Jan 8

	Varsity - Coach Moening	JV - Coach Jandro and Coach Fabel
Mon	Classic- meet Coach fabel in the parking lot at 7:15 if you need kick wax Wirth - 7:30 pm to 8:45 pm Warm up - meet at the roundabout at 7:50. 5 x 5 min L3 with 90 seconds rest 3x starts, 3x finishes in the stadium	Classic- meet Coach fabel in the parking lot at 7:15 if you need kick wax Wirth - 7:30 pm to 8:45 pm Warm up - meet at the roundabout at 7:50. 5 x 5 min L3 with 90 seconds rest 3x starts, 3x finishes in the stadium
Tues	<a href="#">Race at Wirth Park</a> - updated TCNSC and Minneapolis Schools - Technique Skate Two Buses: Noah and Boruff on the buses <a href="#">Lineups</a> <a href="#">Varsity Boys</a> <a href="#">Girls</a> 1:40 Excused from class 2:10 Departure - load on Snelling 3:30 racing starts - details TBD 5:15 Bus Departs 6:00 return to school  Varsity Skiers: 1 x 6 minutes L3, 3 x 1 minutes L4, Race, 30 min ski	<a href="#">Race at Wirth Park</a> - updated TCNSC and Minneapolis Schools - Technique Skate Two Buses: Noah and Boruff on the buses <a href="#">Lineups</a> -JV 1:40 Excused from class 2:10 Departure - load on Snelling 3:30 racing starts - details TBD 5:15 Bus Departs 6:00 return to school

Wed	Run, Weight Room and Ski Prep, and meeting for Loppet skiers & alternates (in weight room at end)	Run, Weight Room and Ski Prep and meeting for Loppet skiers & alternates (in weight room at end)
Thurs	Battle Creek - 3:45 to 5:00 pm Skate ski with 10 x speeds (10-20 sec)	Battle Creek - 3:45 to 5:00 pm Skate ski with 10 x speeds (10-20 sec)
Fri	20-30 min shakeout run & light weight room, 4 x 20 sec sprints on erg Done by 5pm	20-30 min shakeout run & light weight room, 4 x 20 sec sprints on erg Wax room will be open Done by 5pm
Sat	<a href="https://www.loppet.org/events/highschoolinvite/">Loppet Invite Competitor Notes</a> <a href="https://www.loppet.org/events/highschoolinvite/">https://www.loppet.org/events/highschoolinvite/</a> <a href="#">Lineups</a> - 10 boys/10 girls <a href="#">Official Lineup</a> No team bus - arrive at least 90 minutes prior to the start of your race 7:30 am: Coaches Meeting/Bib Pick-up – Inside Trailhead 7:45 am: Volunteers report to finish line 8:30 am: Girls Semifinal Sprint Relay – Heat 1 8:50 am: Girls Semifinal Sprint Relay – Heat 2 9:20 am: Boys Semifinal Sprint Relay – Heat 1 9:40 am: Boys Semifinal Sprint Relay – Heat 2 10:00 am: Boys 5K Classic (three waves, one minute apart) 10:05 am: Girls 5K Classic (three waves, one minute apart) 10:30 am: Boys 5K Skate (three waves, one minute apart) 10:35 am: Girls 5K Skate (three waves, one minute apart) 11:00 am: Girls Sprint Relay Finals 11:20 am: Boys Sprint Relay Finals 11:45 pm: Awards (as soon as results available) <a href="#">Results</a>	Loppet Invite <a href="https://www.loppet.org/events/highschoolinvite/">https://www.loppet.org/events/highschoolinvite/</a>  Some of you are skiing- others come and cheer on your teammates and get some skiing in between or go on your own adventure somewhere
Sun	On your own: Distance Ski	On your own: Distance Ski

### HP Nordic - Workouts Week of Jan 1

	Varsity - Coach Moening	JV - Coach Jandro and Coach Fabel
Mon	On your own: Distance Workout 1.5 to 1.75 hours (run, ski, or rollerski). Or a longer bike ride.	On your own: Distance Workout 1.5 to 1.75 hours (run, ski, or rollerski). Or a longer bike ride.
Tues	Wirth Practice - Skate 8:00 am to 9:30 am	Wirth Practice - Skate 8:00 am to 9:30 am

	Warmup - 15 min 4x6 min L3 90 seconds rest 4 x 2 min L4 2:30 rest  Afternoon (on your own): you might be able to ski at BC, Wirth or Three Rivers - 60 minutes	Warmup - 15 min 4x6 min L3 90 seconds rest 4 x 2 min L4 2:30 rest  Afternoon (on your own): you might be able to ski at BC, Wirth or Three Rivers - 60 minutes
Wed	On your own Distance Workout with 10 by 20 seconds pickups (run or ski)	<ul style="list-style-type: none"> <li>On your own</li> <li>Distance Workout with 10 by 20 seconds pickups (run or ski)</li> </ul>
Thurs	8:00 am to 9:30 am Options: Run, Weight Room, Ski Prep for racers Load Mesabi Gear in Moening Car  Afternoon (on your own): warmup, 8 x 1 min at L4 - ideally on snow	8:00 am to 9:30 am Options: Run, Weight Room, Ski Prep for racers Load Mesabi Gear in Moening Car  Afternoon (on your own): warmup, 8 x 1 min at L4 - ideally on snow
Fri	On your own Prep Skis and Gear Easy Run or Ski	On your own Prep Skis and Gear Easy Run or Ski
Sat	<a href="#">Mesabi Invite</a> (bus departs at 5:30 am - be on time) <a href="#">Start Lists</a> and Results will be at <a href="https://www.superiortiming.com/">https://www.superiortiming.com/</a> <a href="#">Course Map</a> (barring a snow storm)	<a href="#">Mesabi Invite</a> (bus departs at 5:30 am - be on time) Start Lists and Results will be at <a href="https://www.superiortiming.com/">https://www.superiortiming.com/</a> <a href="#">Course Map</a> (barring a snow storm)
Sun	On your own: Distance Ski	On your own: Distance Ski

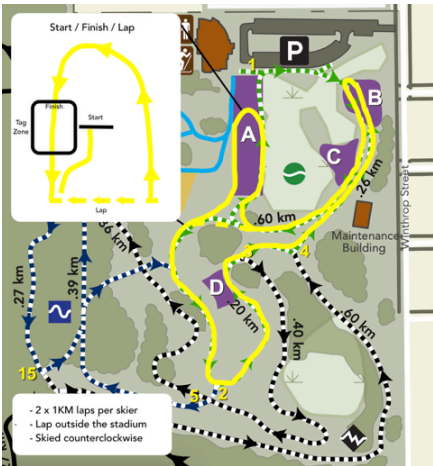
### HP Nordic - Workouts Week of Dec 25

	Varsity - Coach Moening	JV - Coach Jandro and Coach Fabel Practice ends at roughly 5:45
Mon	Take a break - or run/ski 45 to 60 min	Take a break - or run/ski 45 to 60 min
Tues	<del>Battle Creek - 8:00 am to 9:30 am</del> <del>90 min skate ski</del> <del>Embed 10 x 90 seconds hard with five min rest</del> <del>Focus on Transitions</del>  8:00 am to 9:30 am Weight Room (Skierg Workout) and Run	<del>Battle Creek - 8:00 am to 9:30 am</del> <del>90 min skate ski</del> <del>Embed 10 x 90 seconds hard with five min rest</del> <del>Focus on Transitions</del>  8:00 am to 9:30 am Weight Room: Run and then Weight Room - some on Skierg



	<p>Afternoon: On your own (or with MSC skiers)  Note: not sure this is possible on snow  1.5-2 hour classic ski with 30 minutes no pole  Or  CV Workout - 4 x800 at CV, 4x hill</p>	
Wed	<p><del>Wirth 8:00 am to 10:45 am</del>  <del>Distance Skate with 30 min legs only</del>  <del>1.5 hour ski + 60 min trail run</del></p> <p>8:00 am to 9:45 - Long Run with Moosehoofing.  Meet at Wabun (bring water/food)  Bring Short Poles  We will run about 8+ miles with stops for Moosehoofing at:</p> <ul style="list-style-type: none"> <li>• Lock and Dam</li> <li>• Minnehaha</li> <li>• Fort Snelling</li> <li>• Hidden Falls South</li> <li>• Hidden Falls North</li> </ul>	<p><del>Wirth 8:00 am to 10:45 am</del>  <del>Distance Skate with 30 min legs only</del>  <del>1.5 hour ski + 60 min trail run</del></p> <p>8:00 am to 9:45 - Long Run with Moosehoofing.  Meet at Wabun (bring water/food)  Bring Short Poles  We will run about 8+ miles with stops for Moosehoofing at:</p> <ul style="list-style-type: none"> <li>• Lock and Dam</li> <li>• Minnehaha</li> <li>• Fort Snelling</li> <li>• Hidden Falls South</li> <li>• Hidden Falls North</li> </ul>
Thurs	<p>8:00 to 9:00  <a href="#">Meet at the Brickyard Trailhead</a> (at the bottom of the hill)  Bring Short Poles and a Good Attitude  Bounding Workout</p> <p><del>Battle Creek 8:00 am to 9:30 am</del>  <del>Classic Ski 1.5 hours</del>  <del>Warm up, 3x 8 min L3 (2 min rest), 8 x 20 seconds fast (2 min rest)</del></p> <p>Afternoon: On your own, Easy Run 30 to 40 min</p>	<p>8:00 to 9:00  <a href="#">Meet at the Brickyard Trailhead</a> (at the bottom of the hill)  Bring Short Poles and a Good Attitude  Bounding Workout</p> <p><del>Battle Creek 8:00 am to 9:30 am</del>  <del>Classic Ski 1.5 hours</del>  <del>Warm up, 3x 8 min L3 (2 min rest), 8 x 20 seconds fast (2 min rest)</del></p> <p>Afternoon: On your own optional -Easy Run 30 to 40 min</p>
Fri	<p>On your own - Classic Ski 90 minutes</p>	<p>On your own (or better yet with your friends!)  CV Workout - 4 x800 at CV, 4x hill  or  90 min classic ski</p>
Sat	<p>On your own Distance Ski (2 to 3 hours) or L1 Run (1.5 to 2 hours)</p>	<p>On your own (or with friends!) distance workout  2-3 hours bike, rollerski, pole bound etc. or  L1 run- 1.5-2 run</p>
Sun	<p>Rest Day</p>	<p>Rest Day</p>

## HP Nordic - Workouts Week of Dec 18

	Varsity - Coach Moening Practice ends at roughly 5:45	JV - Coach Jandro and Coach Fabel Practice ends at roughly 5:45
Mon	No team practice At most - 60 minutes (ski) or 45 min (run)	No team practice At most - 60 minutes (ski) or 45 min (run)
Tues	Wirth - 7:30 pm to 8:45 pm We will start skiing at 7:30 pm - be waxed and ready to go Classic Intervals 4 x 6 min L3 (1 min rest) 4 x 2 min L4 (2 min rest) 6 x 30 seconds in the stadium	Wirth - 7:30 pm to 8:45 pm We will start skiing at 7:30 pm - be waxed and ready to go Skate Intervals 4 x 6 min L3 (1 min rest) 4 x 2 min L4 (2 min rest) 6 x 30 seconds in the stadium
Wed	<del>Wirth Battle Creek</del> 3:45 to 5:30 Distance Skate - 30 min no poles	<del>Wirth Battle Creek</del> 3:45 to 5:30 Distance Skate - 30 min no poles
Thurs	Race at Battle Creek - Classic Sprint 2K or 3K 1: 50 Excused from class 2:20 pm Bus departs 3:45 pm Varsity Boys 4:00 pm Varsity Girls JV Races to follow <a href="#">Varsity Lineup</a> <a href="#">Skiers on the Bus (excused list)</a> 	Race at Battle Creek - Classic 1: 50 Excused from class 2:20 pm Bus departs 3:45 pm Varsity Boys 4:00 pm Varsity Girls JV Races to follow <a href="#">JV lineup</a>
Fri	Tempo Run Thank you Notes Team Meeting Weight Room	Tempo Run Thank you notes Waxing Weight Room

Sat	Morning - Team Practice 8:00 am Wirth Skate Interval (switched to morning because of temps) 1 x 8 minutes L3, 2 minutes rest 3 x 4 minutes L4, 2 minutes rest 4 x 1 minute L4, 1 minute rest	Morning - Team Practice 8:00 am Wirth Skate Interval (switched to morning because of temps) 1 x 8 minutes L3, 2 minutes rest 3 x 4 minutes L4, 2 minutes rest 4 x 1 minute L4, 1 minute rest
Sun	On your own 2.75 - 3 hours Distance Ski	Rest day or long slow distance 2-2.5 hrs on your own

### HP Nordic - Workouts Week of Dec 11 - meet at track at 3:20

	Varsity - Coach Moening Practice ends at roughly 5:45	JV - Coach Jandro and Coach Fabel Practice ends at roughly 5:45
Mon	3:05 Meet in 3303 - Team Goal Setting - <a href="#">Presentation</a> <a href="#">Goal Sheet</a> Easy Run or set up Team Room 1 for waxing Weight Room - done at 5:15 pm	7:20 arrive 7:30-8:50- Wirth, Skate
Tues	4:00 to 5:30 Practice at Wirth Distance Classic Ski. Purple Olso prep the day prior. Transportation is not provided - you must have transportation waiver on file.	Choice- 1. Ski with varsity or 2. Run/weight room- check in with Dev Squad coaches then 30-50 min run with 10 sec pickups every 5 min (run with a buddy!) , then weight room
Wed	Maplelag Rules Meeting 3:05 in Moening's Room - if you plan to make the trip you must be at the meeting. <a href="#">Behavior Contract</a>  4:15 to 5:30 Practice at BC Distance Classic Ski. Transportation is not provided - you must have transportation waiver on file.	Maplelag Rules Meeting 3:05 in Moening's Room - if you plan to make the trip you must be at the meeting.  Goals Review <a href="#">Pre-race routine</a>  <b>Plan B- 20 min warm-up run, relays, technique work, core in the link</b>
Thurs	Race at Elm Creek - roughly 4K Skate (no relay) Leave class at 1:50 <a href="#">Skiers Racing (will be excused)</a> Bus departs at 2:10 Bus departs Elm Creek at 5:15 pm  Race Day Duties	Race at Elm Creek - roughly 4K Skate (no relay) Leave class at 1:50 Bus departs at 2:10 Bus departs Elm Creek at 5:15 pm  Race Day Duties

	<p>Varsity Races should start at 3:45 - <a href="#">Varsity line up</a> JV - likely around 4:10</p> <p><i>Warm up 1x6 min L3 Warm up 2x2 min L4 4K Race Post Race 5x30 seconds speeds (space permitting)</i></p>	<p>Varsity Races should start at 3:45 - <a href="#">JV Lineup</a> JV - likely around 4:10</p> <p><i>If you're skiing varsity: (optional if you're skiing JV) Warm up 1x6 min L3 Warm up 2x2 min L4 4K Race Post Race 5x30 seconds speeds (space permitting)</i></p>
Fri	<p>8:00 am Maplelag Bus Departs Rough Draft - <a href="#">Maplelag Workouts</a></p>	<p>8:00 am Maplelag Bus Departs</p>
Sat	Maplelag	Maplelag
Sun	11:15 am Bus Departs Maplelag - return about 4:00 pm	11:15 am Bus Departs Maplelag - return about 4:00 pm

#### HP Nordic - Workouts Week of Dec 4 - meet at track at 3:20

	<p>Varsity - Coach Moening Practice ends at roughly 5:45</p>	<p>JV - Coach Jandro and Coach Fabel Practice ends at roughly 5:45</p>
Mon	<p>All skiers run the "<a href="#">Again</a>" Workout. Run after the again workout. Team Meeting on the track at 3:30. Technique drills and Weight room Varsity Pullup (pushup) Max in 3 min Varsity Girls - Nordic 3 Varsity Boys - Nordic 3 (time permitting)</p>	<p>All skiers run the "<a href="#">Again</a>" Workout. Run after the again workout. Team Meeting on the track at 3:30. Technique drills and Weight room Varsity Pullup (pushup) Max in 3 min JV Girls - Nordic 1 JV Boys - Nordic 2</p>
Tues	<p>Dynamic*- Movement Training Arrive at 6:20 - we will begin promptly at 6:30 Athletes only. 6:30 pm to 7:30. Wear loose fitting clothing. We have an instructor/expert coming in for the evening.</p>	<p>Dynamic*- Movement Training Arrive at 6:20 - we will begin promptly at 6:30 Athletes only. 6:30 pm to 7:30. Wear loose-fitting clothing. We have an instructor/expert coming in for the evening.</p>
Wed	<p>Skate Distance at Battle Creek</p> <p>Bus departs school at 3:20 Bus departs Battle Creek at 5:40</p>	<p>Skate Distance at Battle Creek</p> <p>Bus departs school at 3:20 Bus departs Battle Creek at 5:40</p>
Thurs	Classic Ski	Dev Squad Olympics

	Run to Ford Bridge (stash stuff in car) Warmup along River Road to South Entrance of Hidden Falls Walk down the hill 3 x 6 minutes L3 2 x 2 minutes L4 6 x 30 seconds speeds Run/return to school (reflective vest - get from shack)	Be prepared to run Check in with Fir and Spruce coaches <a href="#">Link to view teams</a>
Fri	Water Polo and Weight Room	Water Polo and Weight Room
Sat	Distance Ski - Fake Snow - Battle Creek 8:00 am to 9:45 am - skate	Ski on fake snow- 8am-9:45am, skate Battle Creek
Sun	No Team Practice - recommend you log some time on snow (60 to 90 minutes)	Rest Day or long slow distance of any sort

#### HP Nordic - Workouts Week of Nov 27 - meet at track at 3:20

	Varsity - Coach Moening Practice ends at roughly 5:45	JV - Coach Jandro and Coach Fabel Practice ends at roughly 5:45
Mon	Fitness Test <a href="#">The Grinder</a> (after a warm up). <a href="#">Followed by the following with exquisite technique: pullups, down and hold, box jumps, and push-ups.</a>	Fitness Test <a href="#">The Grinder</a> (after a warm up). <a href="#">Followed by the following with exquisite technique: pullups, down and hold, box jumps, and push-ups.</a>
Tues	Team Photo at 3:20 - in front of School House Tinman Tempo Run (longer, pace a touch slower) Weight Room	Team Photo at 3:20 - in front of School House Tinman Tempo Run (longer, pace a touch slower) Weight Room
Wed	Bubble Sorting - Tate's Hill - skate Varsity Girls and Boys	Goal setting 3:20 Moenings room 3303 Technique focus: Classic stride / Pole bounding (short poles) Watch the <a href="#">Ruka Classic Sprints</a> at 25:00 (Diggins) and 43:00 (Ogden)
Thurs	Rollerski 5K TT Classic Run to Fort Snelling Visitor Center (up top) Change into ski gear Walk down Fort Snelling Hill Course will be on the new asphalt path (Fort to Minnehaha)	Rollerski Class Technique on Tate's Hill
Fri	Easy Run and Ultimate	Easy Run and Ultimate

	Weight Room <del>Goal Setting</del>	Weight Room
Sat	Distance Ski - Classic Meet at Wabun Park at 9:00 am West River Road to downtown Minneapolis (cross at Plymouth) Return on East River Road	1pm-3pm Cookie Workout Meet at the bottom of Franklin Hill- under the bridge on River road 20-30 min warmup, hill repeats, cool down Bring tiny cookies to contribute to the effort if you wish
Sun	Rest Day or 1.5 hour ski	Rest day

### HP Nordic - Workouts Week of Nov 21 - meet at track at 3:20

	Varsity - Coach Moening Practice ends at roughly 5:45	JV - Coach Jandro and Coach Fabel Practice ends at roughly 5:45
Mon	Morning: turn in Maplelag paperwork before school  Classic Ski Run to Ford Bridge (stash stuff in car) Warmup along River Road to South Entrance of Hidden Falls Walk down the hill 4 x 6 minutes L3 5 to 8 x 30 seconds sprint finishes Run/return to school (reflective vest - get from shack) Prep skis/boots for ski issue	Morning: turn in Maplelag paperwork before school  Pole bounding (bring short poles) Warmup-small golf course L3 work- big golf course L4-5 work- watertower hill + core
Tues	Morning: consider a morning workout  Practice: Issue Skis Time Permitting: Easy Run and Weight Room	Jandro's day she works at her side job Report to Moening Practice: Issue Skis Time Permitting: Easy Run and Weight Room
Wed	3:20 to 4:20 Warmup Run and Bounding (bring short poles) 4:40 to 5:30 Water Polo - quick goal setting discussion	3:20 to 4:20 Rollerski skate technique for all on Tates hill! (first timers too!) 4:40 to 5:30 Water Polo (team game if pool availability gets cancelled)
Thurs	No practice  30 to 45 min run Or 60 min ski	No practice  Do something outside with your family- run/bike/ski/football (or 30 min run on your own)

Fri	9:00 am Distance Ski - Classic 10x 15 second DP (DP every 10 minutes) Meet at Wabun Park Cross the river to Saint Paul - ski south to downtown St. Paul Ski up Eagle Street to Kellogg - cross river on Wabasha Bridge Ski bikepath through Lilydale to Mendota Bridge, to Minnehaha and return (about 2.5 to 3 hours)	9:00am Distance Ski- Skate Meet at Wabun Park River Loop to 35E Bridge approx. 13mi (we did 10 mi last Sat.) Out St. Paul side, back Mpls Option to add on a couple more miles
Sat	No team practice 30 to 60 min run Or 60 min ski with speeds	No team practice 30-60 min run or 60 min ski with speeds Or 90 min bike
Sun	Rest Day or 1.5 hour ski	Rest day

#### HP Nordic - Workouts Week of Nov 13 - meet at track at 3:20

	Junior Varsity - Coaches Jandro Varsity - Coach Moening Practice ends at roughly 5:45
Mon	Coach Training - no athletes today
Tues	Coach Training - no athletes today
Wed	First Day of Practice Overview  Entire Team - Capture the Flag and weight room
Thurs	Easy distance runs and core strength outside Done around 5pm  CC Banquet at 6:00 for those involved.
Fri	Meet in Moenings room at 3 for uniform issuing Move boots from gym to ski shack Move ski to team room 1

	<p>Warm up  Tempo Run  Long Jump and 40 yard dash (if weather permits)  We should be done by 5:30</p>
Sat	<p>9:00 am - plan on 2.5 hours  Distance Rollerski Skate  Bring water belt and food (you will be sent home without it)</p> <p>Meet at Wabun Park  North on River Road - West on Greenway - around the Lakes, east  along Minnehaha Creek back to Wabun.</p> <p>This is for experienced rollerskiers. We will have a 1.5 hour option for  those that have experience but can't do 2.5 hours.</p>
Sun	<p>On your own - easy run or easy ski with speeds  Don't forget to clean your room (keep your sponsors happy).</p>