

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

Week #12

Day		Time Schedule / Workouts / Events
Monday	10/28	3:35pm: Varsity -- Longer Run (ins and outs / surges) -- meet at Luce Line trailhead, Core X and Back; JV medium
Tuesday	10/29	3:35pm: Varsity Medium, planks and push-ups; JV 400s
Wednesday	10/30	3:35pm: Varsity 400s, JV Medium, planks and push-ups
Thursday	10/31	3:25pm: Varsity 9 meet in Heeb's room for a meet preview (no trick or treating) 3:35pm: JV Medium
Friday	11/1	1:30pm: Dismissed at 1:15. Varsity 9 leave for Course Preview at Les Bolstad. Home by 4:30. 3:35pm: JV workout: 60-30s
Saturday	11/2	10:30am: Leave the high school -- Section 15 in warm-ups 1:00pm: State Championship Race (girls race at 12:15) -- awards at 1:30, home by 3:00
Sunday	11/5	OFF

- **State Competitors: Let's have some fun.**
- **State Spectators:** Info from the MSHSL about the [State Meet](#) is solid -- pay attention to the shuttle times. All fans and family, please give it a read. The biggest thing to remember is to get there early -- if you show up late to the course for a XC meet, you pretty much miss it! The course was awesome last year and allows you to see the runners 5 times with minimal effort. Athletes, the more of you there the better!
- **Next Week:** A number of you will be getting ready for NXR on 11/10. I hope you take advantage of the opportunity -- if your attitude and effort are what they have been all year, the results will take care of themselves!
- **Team Awards: Thursday, 11/14, at WHS in Auditorium 2 at 6:30pm. We recognize each athlete in attendance but still get through the night in about an hour and a half. I will make sure I connect with seniors about the "senior awards" that get built in to the evening!**

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.**