

Buena Vista University Cross Country  
Practice Schedule for the week of 9/19/2022

Time	Who	What	Supplementary Activities
<b>Monday, September 19</b>			
3:00pm	Distance	Easy Run 4-7	6xstride/Milly core
<b>Tuesday, September 20</b>			
7:00am	Distance	Shakeout 2-5 Miles	Bands/Balance Drills
3:30pm	Distance	Workout: Fartlek 3mi women, 4mi men	4x200/sit-ups/push-ups
<b>Wednesday, September 21</b>			
3:00pm	Distance	Medium Long Run 6-9 (up 1 for some)	Hurdles and Plyos
<b>Thursday, September 22</b>			
3:00pm	Distance	Pre-Meet 4-5	6xstride/Milly core
<b>Friday, September 23</b>			
8:00am	Distance	Shakeout 2 Miles	Band/Balance Drills
12:00pm	Distance	Race Day!	4x200/push-ups/sit-ups
<b>Saturday, September 24</b>			
8:00am	Distance	OFF	
<b>Sunday, September 25</b>			
8:00am	Distance	Long Run: 9-15 (up 1 for some)	Stretch/Roll
Extras: If you hit the minimum mileage, you will hit 42. If you hit the max mileage, you will be in the 60's.			

TOTALS: FW:42 FM:51 RW:50 RM: 60

1. Get enough rest this week! Sleep is crucial for good performances.
2. Stay hydrated and take care of your body! Make sure to get into the training room if you need it.
3. Keep putting the "we" before "me". You don't inspire your teammates by showing them how amazing YOU are. You inspire them by showing them how amazing THEY are.
4. Be sure to keep your teammates accountable. GET ON YOUR TEAMMATES. MAKE SURE THEY ARE PUTTING IN THE WORK TO BE SUCCESSFUL.
5. LOG YOUR RUNS! And add comments and offer encouragement to others. I am keeping track of how many burpees we have!