

Buena Vista University Cross Country  
Practice Schedule for the week of 1/30/2023

Time	Who	What	Supplementary Activities
<b>Monday, January 30</b>			
3:00pm	Distance	4-7 Miles	6x build-ups/millycore/medballs
<b>Tuesday, January 31</b>			
7:00am	Distance	2-3 miles easy	Bands/Balance Drills
3:00pm	Distance	Workout	4x200/pushups/situps
<b>Wednesday, February 1</b>			
3:00pm	Distance	Medium Long Run 5-8 miles (Fartlek)	Hurdles and Plyos
<b>Thursday, February 2</b>			
3:00pm	Distance	OFF	6xBuild up/milly core
<b>Friday, February 3</b>			
7:00am	Distance	2-3 miles easy	Band/Balance Drills
3:00pm	Distance	4-5 miles easy	push-ups/sit-ups
<b>Saturday, February 4</b>			
8:00am	Distance	Race day (tempo/fartlek for some)	6xBuild up/Milly Core
<b>Sunday, February 5</b>			
8:00am	Distance	Long run tempo mile?	Stretch/Roll
Extras: If you hit the minimum mileage, you will hit 45. If you hit the max mileage, you will be in the 60's.			

TOTALS: FW: 42 FM: 51 RW: 51 RM: 58

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!