

Buena Vista University Cross Country  
Practice Schedule for the week of 4/24/2023

Time	Who	What	Supplementary Activities
<b>Monday, April 10</b>			
3:00pm	Distance	4-7 miles easy	6x build-ups/millycore/medballs
<b>Tuesday, April 11</b>			
7:00am	Distance	2-3 miles easy	Bands/Balance Drills
3:00pm	Distance	2 m wu/cd, workout	4x200/pushups/situps
<b>Wednesday, April 12</b>			
3:00pm	Distance	Medium Long Run 5-9 miles w/ Fartlek	Hurdles and Plyos
<b>Thursday, April 13</b>			
3:00pm	Distance	4-7 miles easy/pre meet (OFF day for some)	6xBuild up/milly core
<b>Friday, April 14</b>			
7:00am	Distance	2-3 miles easy	Band/Balance Drills
3:00pm	Distance	Meet day/pre meet	push-ups/sit-ups
<b>Saturday, April 15</b>			
8:00am	Distance	Meet Day (Off day for some)	6xBuild up/Milly Core
<b>Sunday, April 16</b>			
8:00am	Distance	Long run down 1 mile (tempo mile)	Stretch/Roll
Extras: If you hit the minimum mileage, you will hit 41. If you hit the max mileage, you will be in the 50's.			

TOTALS: FW: 42 FM: 54 RW: 54 RM: 56

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!