

Buena Vista University Cross Country
Practice Schedule for the week of 5/15/2023

Time	Who	What	Supplementary Activities
Monday, May 15			
3:00pm	Distance	5-6 miles easy	6x build-ups/millycore/medballs
Tuesday, May 16			
7:00am	Distance	2 miles easy	Bands/Balance Drills
3:00pm	Distance	2 m wu/cd, 8x 200 2x32, 2x30, 2x28, 2x26 Distance: 6x 2min on 1 min off	4x200/pushups/situps
Wednesday, May 17			
3:00pm	Distance	if Pre Meet 5 miles, if not 5-6 miles easy	Hurdles and Plyos
Thursday, May 18			
3:00pm	Distance	5 miles easy/pre meet? Or meet day	6xBuild up/milly core
Friday, May 19			
7:00am	Distance	2 miles easy	Band/Balance Drills
3:00pm	Distance	6 miles easy	push-ups/sit-ups
Saturday, May 20			
8:00am	Distance	5-6 miles easy	6xBuild up/Milly Core
Sunday, May 21			
8:00am	Distance	Long run 9 miles easy	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: 35 FM: 40 RW: 40 RM: 44

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!