

Week of October 14th, 2019

Regional Championships!

GET OUT,
of your
COMFORT ZONE
to get in to your
POTENTIAL ZONE!

Monday: 3x400 @ Mile Pace w/ 3min rest between each

Tuesday: Broken Run—20 min / 10 min / 5 min

Wednesday: PreRace w/ 5x100m walkbacks

Spaghetti Dinner@ Max Weber's House 5:00-7:00, Parents Pick up at 7:15pm

ALL ATHLETES ARE WELCOME—NOT JUST REGIONAL ATHLETES!

Freshmen A-G **Fruit or Fruit Salad** / Freshmen H-Z **Salad**

Sophomores: **Drinks**

Juniors: **Dessert**

Seniors: **Bread**

Thursday: **REGIONAL CHAMPIONSHIPS!** ALL ATHLETES are welcome to travel, but I need to know by Tuesday Evening so I can get you on the Excused List.

Friday: NO PRACTICE! Start of Fat Week for runners who are not competing at Nike or Turkey Trot. All others take 3 days off.

STATE QUALIFIERS: Easy Recovery Run or Cross Train / SAT—60 min / MON-
-Tempo

Practice will resume Tuesday, October 22 for all State Qualifiers and Interested Runners.

**UNIFORM CHECK IN (Including jackets, jerseys, sweatshirts, and bags)
October 30th during both lunches.**