**2017 PVGXC Weekly Workout**

**Week 7 - Week of September 18**

**Weekly Theme – GRADITUDE (Team Will)**

**Monday, September 18, 2017 - Practice @ Crow Creek @ 3:45pm - Positive Pick Up Day**

1. Announcements
	1. Weekly Schedule
2. Workout – Crow Creek K’s (Varsity on Tues)
	1. 10 min wu and drills
	2. 4-5x1000 on Crow Creek Course with 3 min rec
	3. 10-15 min cd
	4. Core
3. Post Workout Fun

**Tuesday, September 19, 2017 - Practice @ 3:45pm @ PVHS – Home FFB Game; Spotlight Drill**

1. Announcements
2. Workout
	1. 30-40 min aerobic run
	2. 6-8 strides
	3. Glute Ladder
3. Post Workout Fun

**Wednesday, September 20, 2017 - Practice @ 3:45pm @ PVHS - Wacky Wednesday**

1. Announcements
2. Workout – Move and Match WO
	1. 10 min wu and drills
	2. 2 sets of 800 @ tempo into 400 @ 5K with move and match
	3. 2 sets of 400 @ 5K into 800 @ tempo with move and match
	4. 10 min cd
	5. 8-10x Indiana Elite Core
3. Post Workout Fun

**Thursday, September 21, 2017 – Practice @ PVHS @ 3:45pm - Throwback Thursday**

1. Announcements
2. Workout
	1. 30-40 min aerobic run
	2. 4-8 Strides
	3. Hurdle Drills
3. Post Workout Fun
	1. Gratitude Video

**Friday, September 22, 2017 – Practice @ PVHS @ 6am**

1. Announcements
2. Workout
	1. 30-40 min recovery run
	2. 6-8 Strides
	3. Abs
3. Post Workout Fun

**Saturday, September 23, 2017 – Practice @ PVHS @ 7:30am**

1. Announcements
2. Workout
	1. 15-20 min wu and drills
	2. 2 mile tempo – 2 min rec – 1-2 mile tempo – 2 min rec
	3. 4x200 reps
	4. 15-20 min cd
3. Post Workout Fun

**Sunday, September 24, 2017 – QC MARATHON WATER STOP**

\*Volunteer at QC Marathon Water Stop

**Practice resumes Monday, September 25 @ 3:45pm @ PVHS**