

# Pleasant Valley Girls Cross Country



Week 2 Workouts for Week of August 15, 2016

## Weekly Theme = Too Blessed to Be Stressed

<b>Monday – August 15, 2016 – Practice @ Crow Creek @ 8am – “Put UP Day”; Band Six Flags Trip</b>	
<b>IF you did not run this summer...</b>	10 min wu and drills 6x4 min tempo/1 min easy CD as needed Core
<ul style="list-style-type: none"> <li>• Aerobic runs</li> <li>• Form Drills</li> </ul>	
<b>Tuesday – August 16, 2016 – Practice @ PVHS @ 8am – SPOTLIGHT DAY</b>	
<b>IF you did not run this summer...</b>	Aerobic Run toward weekly minutes goal (45-60 min) Strides Hip Drills Spotlight Drill Uniform Handout and Handbook Info
<ul style="list-style-type: none"> <li>• Aerobic runs</li> <li>• Form Drills</li> </ul>	
<b>Wednesday – August 17, 2016 - PRACTICE @ PVHS @ 8am – WACKY WEDNESDAY; INTENSITY DAY; PICTURES @ 3pm @ PVHS Stadium</b>	
<p>10-20 min wu and drills</p> <p>Mile Time Trial on Track</p> <p>4-6 Hill Repeats</p> <p>Abs</p> <p><b>3pm – Team Pictures @ PVHS Stadium</b></p>	
<b>Thursday – August 18, 2016 - PRACTICE @ PVHS @ 5:15am – UP WITH THE SUN RUN; Booster Club Dinner @ 5:30pm; Open House @ 7pm</b>	
<b>IF you did not run this summer...</b>	Long Run Beginner = Combo run/cardio for 70 minutes Intermediate = 65-80 minutes Advanced = 80=95 minutes Hurdle Drills  Breakfast by the Seniors
<ul style="list-style-type: none"> <li>• Aerobic runs</li> <li>• Form Drills</li> </ul>	
<b>Friday – August 19, 2016 – Sr. Captain’s Practice – Time and Location TBD</b>	
<b>Saturday – August 20, 2016 – No Practice</b>	
Aerobic Run toward weekly minutes goal on your own (50-60 min)	

**MONDAY, AUGUST 22- Practice @3:45pm @ PVHS**

### Announcements:

1. Run with Carl Sign Up
2. Forms – Medical, Handbook/Ethics, Goals/Med Card