

Pleasant Valley Girls Cross Country



Week 3 - Workouts for Week of August 22, 2016

Weekly Theme = Goal Setting

Monday – August 22, 2016 – Practice @ PVHS @ 3:45pm – “Put UP Day”	
IF you did not run this summer... <ul style="list-style-type: none"> • Aerobic runs • Form Drills 	10-20 min wu and drills 4-6x800 l on track with 3 min rec CD as needed Core *SR’S – One word for tomorrow.
Tuesday – August 23, 2016 – Practice @ PVHS @ 3:45pm – SPOTLIGHT DAY; 1st Day of School	
IF you did not run this summer... <ul style="list-style-type: none"> • Aerobic runs • Form Drills 	Aerobic Run toward weekly minutes goal (40-45 min) Strides Hip Drills Spotlight Drill Team Standards – 1 Word
Wednesday – August 24, 2016 - PRACTICE @ Crow Creek @3:45pm – WACKY WEDNESDAY;	
IF you did not run this summer... <ul style="list-style-type: none"> • Aerobic runs • Form Drills 	10-20 min wu and drills 3x 1 mile tempo with 1 min rec CD as needed Abs
Thursday – August 25, 2016 - PRACTICE @ PVHS @ 3:45pm – Throwback Thursday	
IF you did not run this summer... <ul style="list-style-type: none"> • Aerobic runs • Form Drills 	Aerobic Run toward weekly minutes goal (40-45 min) Strides Hurdle Drills Goal Setting Session – “Learn from the Past” *Tomorrow’s lunch dates
Friday – August 26, 2016 – Practice @ PVHS @ 3:45pm	
IF you did not run this summer... <ul style="list-style-type: none"> • Aerobic runs • Form Drills 	Aerobic Run toward weekly minutes goal (40-45 min) Indiana Elite Core x 8 Serve Others – Lunch Dates
Saturday – August 27, 2016 – 4K Time Trial at Crow Creek	
9am – Warm Up 10am – 4K time trial with Boys 11am – Family Picnic	

MONDAY, AUGUST 29- Practice @3:45pm @ Crow Creek

Announcements:

1. Run with Carl Sign Up
2. Handbook, Ethics, Goal Sheets