

Pleasant Valley Girls Cross Country



Week 4 - Workouts for Week of August 29, 2016

Weekly Theme = Be YOU

Monday – August 29, 2016 – Practice @ Crow Creek @ 3:45pm – “Put UP Day”
10-20 min wu and drills 4x1000 @ I pace on the course with 3-4 min rec CD as needed Core
Tuesday – August 30, 2016 – Practice @ PVHS @ 3:45pm – SPOTLIGHT DAY; Home FFB Game
Aerobic Run toward weekly minutes goal (40-45 min) Strides Hip Drills Spotlight Drill BE YOU Video Varsity – Day Off
Wednesday – August 31, 2016 - PRACTICE @ PVHS @ 6am – WACKY WEDNESDAY;
10-20 min wu and drills 3-4 x 1 mile tempo with 1 min rec CD as needed Abs
Thursday – September 1, 2016 - PRACTICE @ PVHS @ 3:45pm – Throwback Thursday; MAYAN HALLOWEEN
Aerobic Run toward weekly minutes goal (40-45 min) Strides Hurdle Drills
MAYAN HALLOWEEN
Friday – September 2, 2016 – Practice @ Crow Creek @ 2:50pm; 4pm – JHCC MEET
Pre Meet Run on 4K or 5K Course Indiana Elite Core x 8 Cheer on the JH Kids
Saturday – September 3, 2016 – SPARTAN CHALLENGE @ CROW CREEK @ 8:30am
7:10am- Shuttle Bus to Crow Creek from HS -Varsity and FS on 1 st Bus; JV on 2 nd Bus 8:30am- Varsity Race 9:30am- FS Race 10:30am-JV Race

SUNDAY – Varsity Long Run of 70 minutes

MONDAY, September 5- Practice @ Run With Carl – Race @ 8:30am; Report @ 7:15am for Warm Up