

Pleasant Valley Girls Cross Country



Week 1 Workouts for Week of August 8, 2016

Weekly Theme = The Power of She, Which is Me

Monday – August 8, 2016 – Practice @ PV HIGH SCHOOL @ 8am – “Put UP Day”	
IF you did not run this summer... <ul style="list-style-type: none"> • Aerobic runs • Form Drills 	Announcements – Check in Procedure, Watch Club, Forms 10 min wu and drills 2x30 sec hills (2 min rec) 2x600 R/600 jog 2x60 sec hills (3 min rec) CD as needed Core
Tuesday – August 9, 2016 – Practice @ PVHS @ 8am – SPOTLIGHT DAY	
IF you did not run this summer... <ul style="list-style-type: none"> • Aerobic runs • Form Drills 	Aerobic Run toward weekly minutes goal (45-60 min) Strides Hip Drills Spotlight Drill *Sr. Meeting – Plans for Week of Aug 15; Daily Themes
Wednesday – August 10, 2016 - PRACTICE @ Crow Creek Park @ 8am – WACKY WEDNESDAY	
IF you did not run this summer... <ul style="list-style-type: none"> • Aerobic runs • Form Drills 	10-15 min wu; 5T-1I-4T-1I-3T-1I-2T-1I w/ 1 min jog recoveries 10-15 min cd Indiana Elite Wacky Watermelon Relays
Thursday – August 11, 2016 - PRACTICE @ PVHS @ 8am – THROWBACK/Long Blue Line	
IF you did not run this summer... <ul style="list-style-type: none"> • Aerobic runs • Form Drills 	Aerobic Run toward weekly minutes goal (45-60 min) Strides Hurdle Drills UNIFORM HANDOUT!
Friday – August 12, 2016 – PRACTICE @ Crow Creek @ 8am – CAKE RUN	
	Benchmark # 3 – Hour Run Strides Abs
Saturday – August 13, 2016 – No Practice	
Aerobic Run toward weekly minutes goal on your own (45-60 min)	

MONDAY, AUGUST 15- Practice @8am @ Crow Creek Park

Announcements:

1. Next Week’s Schedule
2. Volunteers for Freshman Activity Fair
3. Run with Carl Sign Up
4. Forms – Medical, Handbook/Ethics, Goals