

Pleasant Valley Girls Cross Country



Week 5- Workouts for Week of September 12, 2016

Weekly Theme = SERVING Your Teammates and GET PHYSICAL

<p>Monday – September 12, 2016 – Practice @ PVHS @ 3:45pm – “Put UP Day”</p> <p>Varsity – Day Off FS/JV – Fatigue Intervals 25 min wu 3x1000 I with 3:00 recovery 3xBelmont Hills CD Core</p>
<p>Tuesday – September 13, 2016 – Practice @ PVHS @ 3:45pm – SPOTLIGHT DAY; Home FFB Game</p> <p>Warm Up to Crow Creek JV/FS – 3x1 mile tempo on Crow Creek Flat Varsity – 1st Mile of Crow Creek @ I pace (3 min rec); 2x1200 on limestone (3 min rec); 1x1000 on limestone (One as hammer) CD back to HS Hip Drills</p>
<p>Wednesday – September 14, 2016 - PRACTICE @ PVHS @TBD – WACKY WEDNESDAY; Early Out</p> <p>JV/FS – Day off Varsity WU to Riverdale Heights 20 min tempo on bike path CD back to HS Abs</p>
<p>Thursday – September 15, 2016 – Practice @ PVHS @ 3:45pm; Throwback Thursday</p> <p>Aerobic Run of 35-45 minutes Strides Hurdle Drills</p> <p>Team Meeting = Meet Info, etc.</p>
<p>Friday – September 16, 2016 – Practice @PVHS @ 3:45pm -</p> <p>1:05pm- Varsity Leaves for Ames</p> <p>FS/JV – Pre Meet 25-30 min run 4x200</p>
<p>Saturday – September 17, 2016 – Varsity @ Heartland Classic in Ames; JV/FS @ Geneseo Invite</p> <p>7:15am- Bus to Geneseo 9:00am- Freshman Race 9:40am- Sophomore Race 10:20-Junior Race 11-Senior Race Varsity -11:10am @ Heartland Classic in Ames</p>

SUNDAY – Varsity Long Run of 65-70 minutes

MONDAY, September 19 – PRACTICE @ PVHS @ 3:45pm