

Pleasant Valley Girls Cross Country



Week 6- Workouts for Week of September 19, 2016

Weekly Theme = Midseason Checkpoint

Monday – September 19, 2016 – Practice @ PVHS @ 3:45pm – “Put UP Day”
Varsity – Day Off FS/JV – 10-15 min wu and drills 4-5x1000 on SB Field Grass Loop with 3 min recoveries 10 min cd Core
Tuesday – September 20, 2016 – Practice @ PVHS @ 3:45pm – SPOTLIGHT DAY; Home FFB Game
JV/FS- 35 min recovery run Varsity – WU to Crow Creek 5x1000 on course with 3 min recoveries CD Back to HS Glute Ladder
Wednesday – September 21, 2016 - PRACTICE @ PVHS @3:45pm – WACKY WEDNESDAY
10-15 min wu 3-4x 1200 mix intervals (800 T -400 I), (600 T, 600 I), (400I-400T-400I), (400T, 400 I, 400R) with 3 min rec. 10 min cd Indiana Elite
Thursday – September 22, 2016 – Practice @ PVHS @ 3:45pm; Throwback Thursday
Aerobic Run of 35-45 minutes 4x150 Hurdle Drills Team Meeting – Revisit Goal Sheets (1 thing learned so far this season and how will you use it to improve going forward)
Friday – September 23, 2016 – Practice @PVHS @ TBD -
WU to Riverdale 3-4 x 1 mile tempo CD to HS with 2x45 seconds fast Abs
Saturday – September 24, 2016 –
35-50 min recovery run on your own Strides Stretch

**SUNDAY, Sept 25 – No Long Run –
6:30am QC MARATHON WATER STOP**

MONDAY, September 26– PRACTICE @ PVHS @ 3:45pm