

# Pleasant Valley Girls Cross Country



Week 4 - Workouts for Week of September 5, 2016

## Weekly Theme = Race Strategies

<b>Monday – September 5, 2016 – Practice @ RUN WITH CARL 5K – “Put UP Day”</b>
7:15am- Report to Splash Landing Parking Log 7:30am – Warm up 8:30am- 5K as Progressive Tempo (gradually increase pace to finish last mile at tempo) 9am- Cooldown
<b>Tuesday – September 6, 2016 – Practice @ PVHS @ 3:45pm – SPOTLIGHT DAY; Home FFB Game</b>
Aerobic Run toward weekly minutes goal (30-35 min) Strides Glute Ladder Spotlight Drill
<b>Wednesday – September 7, 2016 - PRACTICE @ PVHS @3:45pm – WACKY WEDNESDAY;</b>
Pre Meet Run of 25-35 minutes 4x200 reps on track Abs  Team Meeting = Race Strategies
<b>Thursday – September 8, 2016 – CEDAR RAPIDS INVITE @ 4:30pm – Bus @ 1:15pm</b>
1:05pm – Excused from Class 1:15pm- Bus Leaves 3:45pm- FS Girls Race 4:35pm- Varsity Girls Race 5:25pm- JV Girls Race
<b>Friday – September 9, 2016 – Practice @PVHS @ 3:45pm -</b>
Aerobic Run toward weekly minutes goal (40-45 min) Strides Hurdle Drills
<b>Saturday – September 10, 2016 – Practice @ Crow Creek @ 8am</b>
Hill Chasers 10-15 min wu and drills 2-3 loops of limestone to incinerator and 2-3 loops of grass to exasperator Varsity = 2 exterminator, 2 incinerator, 2 exasperator 10 min cd Indiana Elite x 10

**SUNDAY – Varsity Long Run of 65-70 minutes**

**MONDAY, September 12 – PRACTICE @ PVHS @ 3:45pm (Varsity day off).**