**2018 PVGXC Weekly Workout**

**Week 10 - Week of October 8, 2018**

**Monday, October 8, 2018 – Practice @ 3:45pm @ PVHS - Positive Pick Up Day**

1. Announcements
2. Workout-
   1. 10-15 min wu and drills
   2. JV/FS - Mile Time Trial and 4x150’s (finishing kick workout)
   3. Varsity @ Crow Creek - 2x800 @ race pace, 2x400, 4x200
   4. 10 min cd
   5. Core
3. Post Workout Fun

**Tuesday, October 9, 2018 - Practice @ 3:45pm @ PVHS - Spotlight Drill; Home FFB**

1. Announcements
2. Workout
   1. 3-5 mile recovery run
   2. 1200 alternate fast/slow 200
   3. Hurdle Drills
3. Post Workout Fun-

**Wednesday, October 10, 2018 - Practice @ Crow Creek?? @ 3:45pm - Wacky Wednesday;**

1. Announcements
2. Workout –
   1. 2-3 miles
   2. 2x200, 2x150, 2x100
   3. Abs
3. Post Workout Fun
   1. MAC PUMP UP

**Thursday, October 11, 2018 – MAC Championship @ Clinton @ 3pm (Bus @ 1:15 pm)**

1. 3pm - FS Girls
2. 3:50 - Varsity Girls
3. 4:40 - JV Girls
4. **TURN IN UNIFORMS**

**Friday, October 12, 2018 - Practice @ 3:45pm @ PVHS; TEAM MEETING FOR ALL @ 3:45**

1. Announcements - Team Meeting
2. Workout
   1. Long Run - 60 min
   2. Strides with Core
3. Post Workout Fun

**Saturday, October 13, 2018 – Practice @ PVHS @ 8am**

1. Announcements
2. Workout
   1. 3-4 mile cutdown
   2. 3x300
   3. Hip Drills
3. Post Workout Fun

**Sunday, October 14, 2017 – No Practice**

**Off**

**Practice resumes Monday, October 15 @ Crow Creek @ 3:45pm**