**2018 PVGXC Weekly Workout**

**Week 7 - Week of September 17**

**Monday, September 17, 2018 – Practice @ 3:45pm @ PVHS - Positive Pick Up Day**

1. Announcements
2. Workout- Fatigue Intervals
   1. 10-15 min wu
   2. 3-4x 1200 intervals on the track at GOAL 5K pace
   3. 10 min cd
   4. Core
3. Post Workout Fun

**Tuesday, September 18, 2018 - Practice @ 3:45pm @ PVHS - Spotlight Drill**

1. Announcements
2. Workout
   1. 4-6 mile recovery run
   2. Strides
   3. Glute Ladder
3. Post Workout Fun-

**Wednesday, September 19, 2018 - Practice @ PVHS @ 3:45pm - Wacky Wednesday**

1. Announcements
2. Workout –
   1. 3 mile run
   2. 4x200 reps
   3. Abs
3. Post Workout Fun

**Thursday, September 20, 2018 – Dubuque Senior Invite @ 4pm (bus @ 1pm)**

4pm- FS Girls (unlimited)

5pm- JV Girls (unlimited)

6pm- Varsity Girls (7)

**Friday, September 21, 2018 - Practice @ 3:45pm @ PVHS**

1. Announcements
2. Workout
   1. 4-6 mile run
   2. 4 X’s
   3. Hurdle Drills
3. Post Workout Fun

**Saturday, September 22, 2018 – Practice @ Crow Creek @ 8am**

1. Announcements
2. Workout
   1. 25-30 min tempo progression run
   2. 8 strides with core
3. Post Workout Fun

**Sunday, September 23, 2017 – QC MARATHON WATER STOP**

**Varsity Pool Workout or Long Run ???**

**Practice resumes Monday, September 24 @ PVHS @ 3:45pm**