**2019 PVGXC Weekly Workout**

**Week 10 - Week of October 14**

**Weekly Theme - MAC CHAMPIONSHIPS!**

**Monday, October 14, 2019 - Practice @ 3:45pm @ PVHS**

1. Announcements
2. JV Workout -
   1. 10 min wu and drills
   2. 1 mile time trial
   3. 3 x 150 finishing kicks
   4. 10 min cd
   5. Core
3. Varsity Workout (Tentative)
   1. 10-15 min wu
   2. 2x800 @ race pace at Crow Creek; 2x400; 4x200
   3. 10 min cd
4. Post Workout Fun

**Tuesday, October 15, 2019 - Practice @ PVHS @ 3:45pm**

1. Announcements
2. Workout
   1. 3-5 mile run
   2. 1200 alternating 200’s
   3. Hurdle Drills
3. Post Workout Fun -

**Wednesday, October 16, 2019 - Practice @ PVHS @ 3:45pm -**

1. Announcements
2. Workout
   * 1. 2-3 miles
     2. 2x200
     3. 2x150
     4. 2x100
     5. Abs

3. Post Workout Fun

**Thursday, October 17, 2019 - MAC CHAMPIONSHIPS @ Muscatine Golf Course @ 3pm**

1:05pm- Bus leaves

3pm- FS Girls (7)

4pm- Varsity Girls (7)

4:50pm - JV Girls

**Friday, October 18, 2019 - Practice @ 3pm @ PVHS**

1. Announcements - MAC Awards; End of Season Items
2. Workout for Varsity
   1. 50-60 min run
   2. Strides with Core
3. Post Workout Fun

**Saturday, October 19, 2019 –Varsity Practice TBD**

**Sunday, October 20, 2019 - TBD**