

CC PRACTICE WEEK OF SEPTEMBER 21-27, 2020

Hurdle walks and hydrants on M, W, Th. 8 sets and 30 lunges. None of these on Friday.

Monday, 9/21: 8 x fly 30s. 2 minute rest. 4 downhill. 40 minute run.

Tuesday, 9/22: 60 minute run, Boulder plus Hwy 62.

Wednesday, 9/23: Covington Hills x 10.

Thursday, 9/24:

- Varsity: 50 minute recovery pace – At STMA 5K course.
- JV/C: Old South. No hurdle walks, hydrants, sets, or lunges

Friday, 9/25: 2 x 400 race prep. 10 minute cooldown.

Saturday, 9/26: Meet at STMA vs Wayzata. Do 8 sets after!!!!

Sunday, 9/27: Do your regular 10 minute warm up and stretches to get rid of soreness.