

Pirates prepare for Peak Performance! Free & Strong

PIRATE Cross Country - 3 Week Practice Cycle

Dates Sept. 26 to October 16 Weeks 7-8-9

Faster - Quicker - Stronger - Tougher

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 Pool 20 min Buster Council-Evals Tough Turkeys Central 400's Goal Pace 8-10 core	27 2:30 Plyo Arkansas Ladder Track-Pace Jaguar 400-6-9-12:00 400's Quicker Relaxation	28 Pool speed Ladder "Rainbow" workout Brookdale *Secret Bud	29 ☆ Jaguar Hyland Bus: 1:30	30 Pool Bauer 2:30 Plyo Easy shakeout + Sophs Treats Wall Ball & Game Day	1 Oct Gone Elm Creek Long Run Coaches Treats
2	3 Pool No to Illinois - Family Day off Start Jolly Roger	4 2:30 Plyo Big-Little work out Free Form Fartlek - Surges striders Pasta-Dennis *	5 Pool Whistles 10-12 min Easy-Poker Run Victory Memorial Core	6 ☆ Blaine Majestic oaks Bus: 1:30	7 Pool Quick-widths 2:30 Plyo 2 min Runs core-Relax	8 ☺ Autumn Woods @ Elm Creek
9	10 Pool Partner with 7x2 Council Evals Good Warm-up 50 Sec. w.o. Brookdale 5-6	11 Plyo 2:30 5-8 400's Central NWS Pace Core Pasta-Dennis *	12 Pool speed ladder shake out Indian File Relax Academic Sheets	13 ☆ ☆ NWS & # conference Elk River Bus: 1:30	14 No School Time TBD Pool- speed Drills Whirlpool Polo	15 Last Long Run 60-90 min
16 B's open Hause Day off	17 Pool Whistles Council Evals Free Form 20 min Relax	Getting it done P.C. Pirate style!				

