

October 10 to 16

Monday: 4:15 pm

Weights

V: Ack loop 6

JV: Ack loop 5

Open: Deblin to Mt. Vernon to 131 and back, the 1 lap around the school

Tuesday: 4 pm

4 x 200, 1600, 4 x 200

Wednesday: 4 pm

Weights

Deblin to Buckwheat Park and back

Thursday: 3:30 pm

Teakwood-Sherwood

\*\*\*Special workout for those who made the wrong choice last Friday.\*\*\*

Friday: 3:30 pm

CC sweats and CHECK IN

Pre-meet

Dinner at Cooper's

Saturday:

ECC Championship

Arrive at 8:15 am.

Open guys immediately go to the barn area and trail for walnut removal!!!!!!

Varsity races at 9:40 am

Open races at 11:00 am

Course clean up after the race

Sunday: Rest/recovery jog