

2024 Girls Cross Country Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10/7 Practice 7am or 4pm 3-2-1	10/8 Practice 7am or 4pm 2-2-2	10/9 Practice 7am or 4pm EZ 3	10/10 Practice 7am or 4pm Interval Day	11/11 Practice 7am or 4pm Fast 2
10/14 Practice 7am or 4pm 3-2-1	10/15 Practice 7am or 4pm 2-2-2	10/16 PSAT No School/No Practice Run on your Own EZ 3	10/17 No School/No Practice Run on your Own Interval Day	10/18 No School/No Practice Run on your Own Fast 2
10/21 No School/No Practice Run on your Own EZ 3	10/22 Practice 7am or 4pm 2-2-2	10/23 Practice 7am or 4pm 2-2-2	10/24 Practice 7am or 4pm Interval Day	10/25 Practice 7am or 4pm Fast 2
10/28 No Practice Meet @ Westbrook	10/29 Practice 7am or 4pm EZ 3	10/30 Practice 7am or 4pm 2-2-2	10/31 Practice 7am or 4pm Interval Day	11/1 No School/No Practice Run on your Own Fast 2
11/4 No Practice Meet @ Space Center	11/5 Practice 7am or 4pm	11/6 Practice 7am or 4pm	11/7 Practice 7am or 4pm	11/8 Practice 7am or 4pm
11/11 No Practice Meet @ FJH	11/12 Practice 7am or 4pm	11/13 Practice 7am or 4pm	11/14 Practice 7am or 4pm	11/15 Practice 7am or 4pm
11/18 Practice 7am or 4pm	11/19 Practice 7am or 4pm	11/20 Practice 7am or 4pm	11/21 Practice 7am or 4pm	11/22 Practice 7am or 4pm
11/25 No School/No Practice Run on your Own	11/26 No School/No Practice Run on your Own	11/27 No School/No Practice Run on your Own	11/28 Thanksgiving	11/29 No School/No Practice Run on your Own
12/2 No Practice Meet @ Challenger Columbia Stadium Girls District Preview	12/3 Practice 7am or 4pm	12/4 Practice 7am or 4pm	12/5 Practice 7am or 4pm	12/6 Practice 7am or 4pm
12/9 No Practice Meet @ Challenger Columbia Stadium Girls District Preview				

Practices:

- Morning practice– drop off by bus loop
 - Meet at tennis courts (FJH)
 - Coach Devers is the morning practice coach
 - Doors open at 6:45 am
 - Workouts start at 7:00 am SHARP
 - Bring an extra pair of shoes (morning dew)
- Afternoon practice– Meet at covered pavilion by football field (FJH)
 - Coach McKeever is the coach
 - Take all your stuff with you and plan on not coming back into the building
 - 4:00pm – 5:00pm –**Have your ride here by 5:00pm SHARP!**
- Weekends:
 - Run 2 miles easy on one or both of the days

WORKOUTS:

3-2-1:

- Find somewhere to do the same amount 3-2-1. Means that we run 3 laps around the soccer fields (1.8 miles) quick break, 2 laps around the soccer fields (1.2 miles), quick break, and then 1 lap around the field.

2-2-2:

- Means that we will run 2 laps around the soccer field (1.2 miles), quick break, 2 laps again (1.2miles), quick break, and then 2 laps again.

EZ3:

- Means we are going to run 3-4 miles at a jog-ish pace, not race speed.

Interval Day:

- This is our most important workout! It is repeated short distance fast running which makes a better long distance runner.
- Example:
 - Run approximately 600 meters (1 lap and a ½ lap on the track), walk 100 meters
 - Repeat 8 times for a total of 4800 meters.
- Example:
 - Run around 2 soccer fields in front of FJH (approximately ½ mile), walk about 100 yards.
 - Repeat 8-10 times

Fast 2:

- Means we are running at race speed for 2 miles for time.
- Push yourself to get faster each week.

