**Nordic Practice 11-19-14**

**Coach Mancuso will be available at 4ish for road furrell changes**

**Group 1: will ski today and Thursday. Following ski on Thursday 2 x 10 minutes-threshold pace- 1 minute rest.**

15 minute warm-up on roller skis

15 x 15 second powerful double pole with Coach Mancuso

2 Mile run

Done for the day

**Captains will stay and sort out uniforms**

Willa, Jess, Brooke, Rosie, Devon, Lorenzo, Elijah, Lauren, Jordan, Louis, Tom, Ari, Owen, Steph, Luke, Kelly, Brandon

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**Group 2 will ski after group 1 is done today - with Coach Ann. On Thursday you will do bounding and a Threshold run at the rail trail (can say a sentence before becoming out of breath) 5 x 4 minutes with a one minute rest between**

**Before roller-ski today you will run 2 to 3 miles**

Eliza, Michael, Alisha, Oliver, James, Matteo, Franko, Katie, Essence, Allie, Rachel, Sarah, Oscar, Olivia P, Addie, DeDe, Noam

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**Group 3 will ski Thursday at the rail trail following hill bounding**

 **-Rebecca, if your shins are bad, don’t come today because it is running**

Emily, Philip, Luke, Chris, Veronica, Kaya, Will, Rebecca, Isabella, Loujack, Sam, Karla, Justin, Daniela Sophie, Jacob, Parker

**On Wednesday you will warm-up 15 minutes then**

**run 5 x 4 min at threshold pace (can say a sentence before becoming out of breath) 5 x 4 minutes with a one minute rest between…then cool down.**

**You are done following this…maybe 4:30.**

\*\*\*\* with coach Ann