

Practice Schedule for week of January 21st
posted on 1/21/13 at noon

Monday and Tuesday: No scheduled practice but you should get in a run of at least 30 minutes on one of the days and 45 minutes on the other.

Wednesday and Thursday: Practice will meet at the regular time. Those going to ski camp will wax skis on one of the two days. We will try to get in an interval workout on the HS track on one day and a core/strength workout on the other.

Friday: Ski camp trip will leave from the HS at 2:45, however there is a snow storm possible on Friday as well. We may have to alter our schedule depending on driving conditions. We will be monitoring the weather throughout the week.

Those not going to ski camp: You should run or ski at least 2 out of the 3 days from Friday through Sunday. These workouts should be at least 45 minutes on one day and at least an hour on the other.