

## **JMM Girls Cross Country – 2021 Practice Plan: (March 22-28 – Week 2)**

### **Monday – March 22: 4 PM VIRTUAL PRACTICE (to join, click link below)**

<https://srfconsulting.zoom.us/j/96643599771?pwd=clRnSUZhaWEpZdkhtVHFkME9nQT09&from=addon>

Meeting ID: 966 4359 9771

Passcode: 755509

### **Announcements:**

- Week One Recap
- Week Two Look Ahead and Pods
- [Mileage Tracker and Attendance](#)
- Attendance and Importance of Strength and Core
- Parent and Student Athlete [Permissions](#)
- COVID-19 Daily Screener [form](#)
- Physicals [WIAA Physical Card and Alternate Year Card](#) and/or [WIAA Physical Card Waiver](#)
- Weather Contingency this week
- Hydrate, Eat, Sleep

Workout - (4:30 – 5:15):

**Run:** 15-35 minutes on your own. **(1 – 4 miles)**

**Goal:** This week's workouts will once again focus on building overall fitness. As we progress through the week, we will introduce some hillier terrain and some trail/grass/paths. Some may do a workout this week, while others hold off and continue to work on base. Keep pace slower, you are doing a great job of building and this is best accomplished by being able to string together running days. If you need a day of cross training, plan for that activity.

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**(5:30 – 6:00): Please join us for the JMM CC Strength and Core Workout at 5:30 PM with Coach Katie through the following link. (ALUMNI Welcomed)**

Join Zoom Meeting

<https://srfconsulting.zoom.us/j/94820392543?pwd=aVpKZEIxc3JBZmRMV2Nmc0s0R21yZz09&from=addon>

Meeting ID: 948 2039 2543

Passcode: 182372

## Tuesday – March 23: 4 PM IN-PERSON – POD 1, 4:15 PM IN-PERSON, POD 2

Meet in northeast corner of Madison Memorial HS large parking near Mansfield Stadium Concession Stand. Coaches will be there to greet and check you in. Please make sure PARENTS have filled out the Daily Screener. You will not be able to practice in-person with the team unless this is completed.

### **Pods: (Will be updated daily, but once assigned a pod, that is yours all week!)**

We have room in Pod 2 if this better fits your schedule.

Pod 1 - (Arrive 4 PM)	Pod 2 - (Arrive 4:15 PM)	Virtual Only
Maddie Ballweg	Ava Badekas	Anvika Annyapu
Mary Jane Bauer	Yacelis Brube Nicholson	Gillian Cullen
Helen Briney	Katrina Brunner	Neha Kulkarni
Ella Crowe	Annika Cutforth	Sophia Shashko
Samantha Eckhardt	Ruby Dykstra	Pia Snellman
Kennedy Elmer	Lauren Grove	Lavenia Vulpal
Madeline Emmerich	Nitya Patil	Sakia Nishikawa
Mallorie Emmerich	Marly Reynolds	
Kate Gibbons	Clauda Salgado	
Yunna Gopan	Audrey Walz	
Grace Heise	Natalie Rhodes	
Amelie Hirscher		
Anne Peyton Hofmeister		
Avona Jordan		
Jessica Kahn		
Ashleen Kaur		
Ellie Knoche		
Kaina Martines		
Emily Ruplinger		
Awa Phatty		
Libby Pleva		
Ainsley Reeves		
Ashmin Singh		
Julia Tatoes		
Sara Young		

### **Announcements:**

- Check-in and assure completion of COVID-19 Daily Screener [form](#)
- [Mileage Tracker and Attendance](#)

### Warmup - (10-15 minutes):

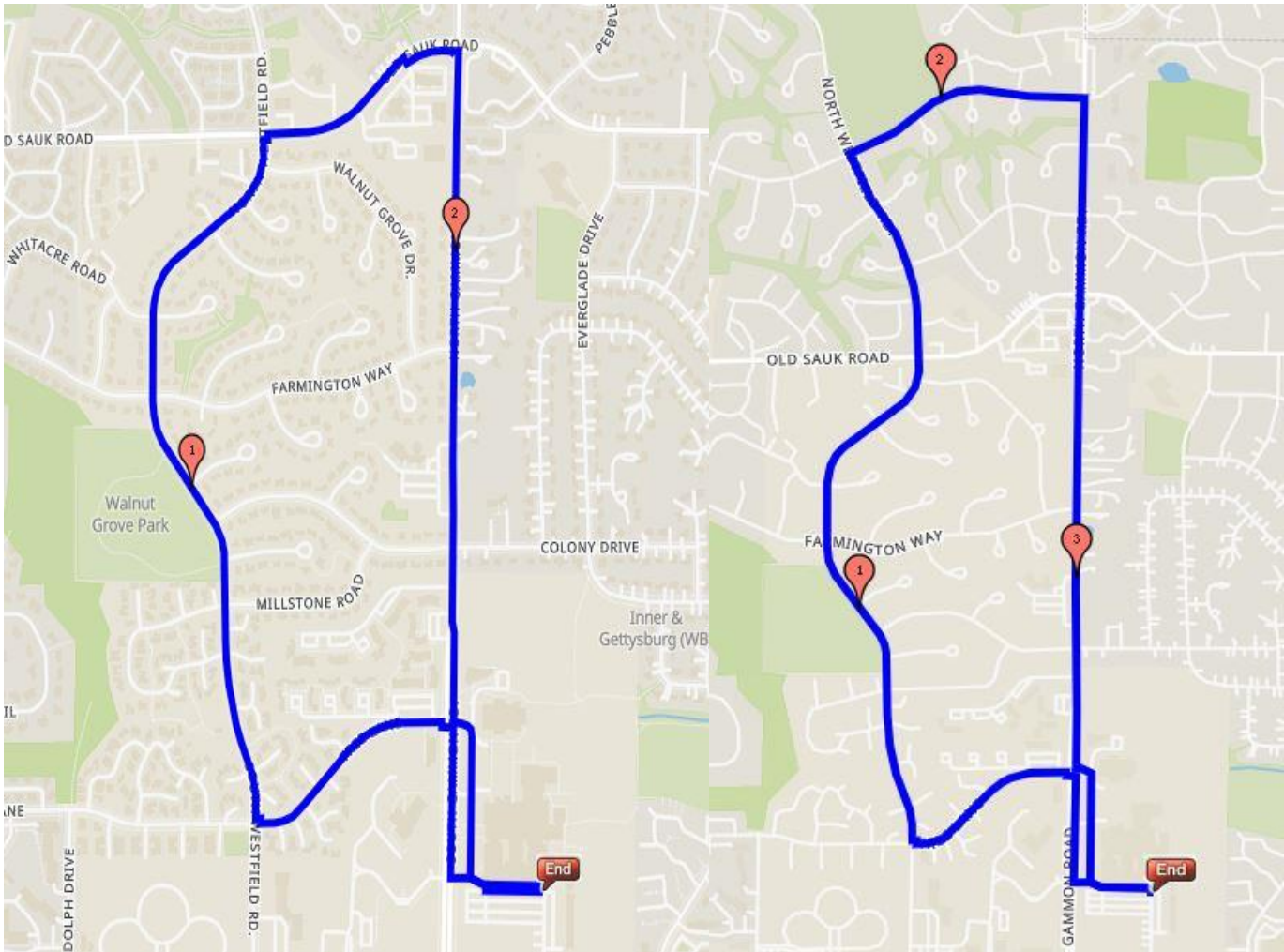
- Activation (hips) – glute raises, Hip Abduction, Hip Adduction, Hip External Rotation, Hip Internal Rotation
- Shoulder Activation – Y's, T's, W's
  - Walking Lunges
  - Walking Toe Touches
  - Walking Knee Hugs
  - High Knees
  - High Knee Skips
  - Butt Kicks
  - Cradle Walk
  - Foot Grabs
  - Slide and Glide (Tall)
  - Slide and Glide (Low)

- Carioca
- Carioca (High Knee Crossover)
- Arm Circles
- Calf Stretch Straight
- Calf Stretch Bent Leg

Workout - (4:15-5:00) - pod 1 or (4:30-5:15) - pod 2

**Run:** 25-42 minutes on your own. **(2.8 – 3.6 miles)** - Parking Lot, Westfield, Old Sauk, Gammon or for longer option, Westfield to Sawmill (Wexford Park) to Gammon.

**Goal:** Adding just a bit more distance to our runs this week. Focus should still be on easy/conversational pace runs.



**(5:30 – 6:00): Please join us for the JMM CC Strength and Core Workout at 5:30 PM with Coach Katie through the following link. (ALUMNI Welcomed)**

Join Zoom Meeting

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## Wednesday – March 24: 4 PM IN-PERSON – POD 1, 4:15 PM IN-PERSON, POD 2

Meet in northeast corner of Madison Memorial HS large parking near Mansfield Stadium Concession Stand. Coaches will be there to greet and check you in. Please make sure PARENTS have filled out the Daily Screener. You will not be able to practice in-person with the team unless this is completed.

### Announcements:

- Check-in and assure completion of COVID-19 Daily Screener [form](#)
- [Mileage Tracker and Attendance](#)

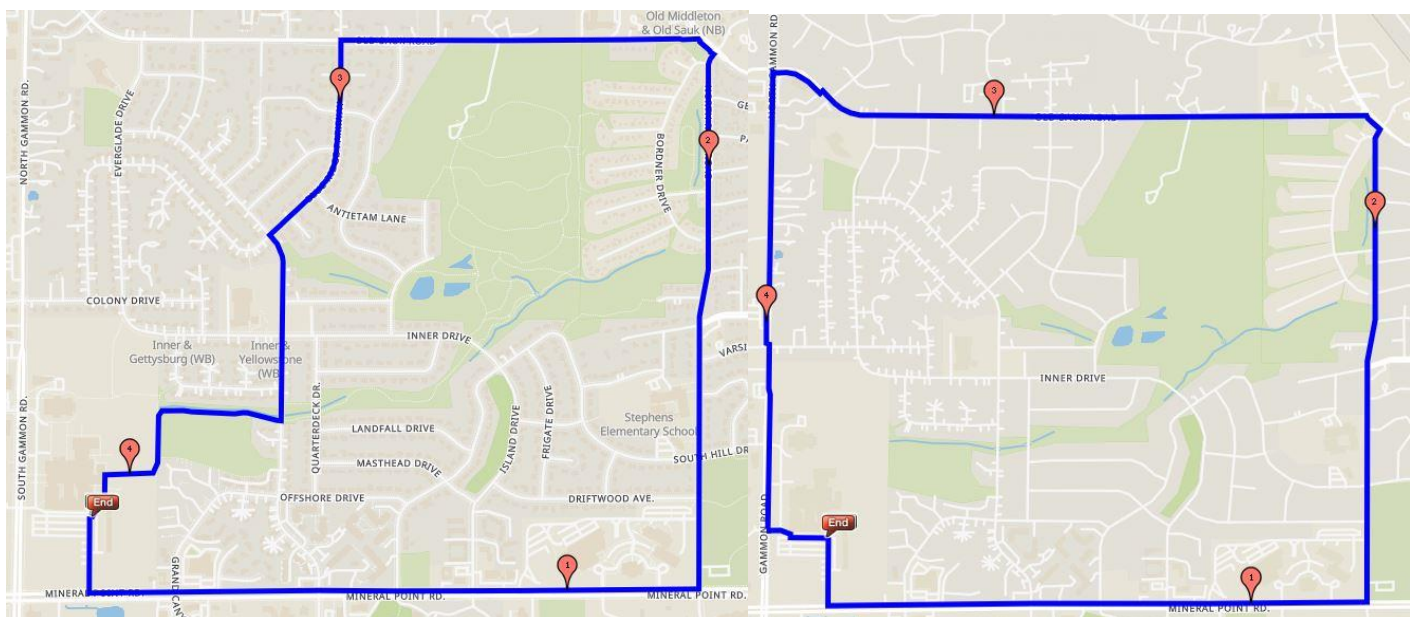
### Warmup - (10-15 minutes):

- Activation (hips) – glute raises, Hip Abduction, Hip Adduction, Hip External Rotation, Hip Internal Rotation
- Shoulder Activation – Y's, T's, W's
  - Walking Lunges
  - Walking Toe Touches
  - Walking Knee Hugs
  - High Knees
  - High Knee Skips
  - Butt Kicks
  - Cradle Walk
  - Foot Grabs
  - Slide and Glide (Tall)
  - Slide and Glide (Low)
  - Carioca
  - Carioca (High Knee Crossover)
  - Arm Circles
  - Calf Stretch Straight
  - Calf Stretch Bent Leg

### Workout - (4:20-5:05)- pod 1 or (4:40-5:15) – pod 2

**Run:** 20-45 minutes Elver Park out and back (4.1 - 4.6 miles) Parking Lot, Mineral Point, Rosa, Old Sauk and either come back on Blue Ridge Parkway or Gammon.

**Goal:** Long run of the week for most, with hills! Just increasing duration and adding in a bit of hill work. Heart rate may be higher at times during the run, but overall the pace should be the same as other runs this week.





## Thursday – March 25: 4 PM IN-PERSON – POD 1, 4:15 PM IN-PERSON, POD 2

Meet in northeast corner of Madison Memorial HS large parking near Mansfield Stadium Concession Stand. Coaches will be there to greet and check you in. Please make sure PARENTS have filled out the Daily Screener. You will not be able to practice in-person with the team unless this is completed.

### Announcements:

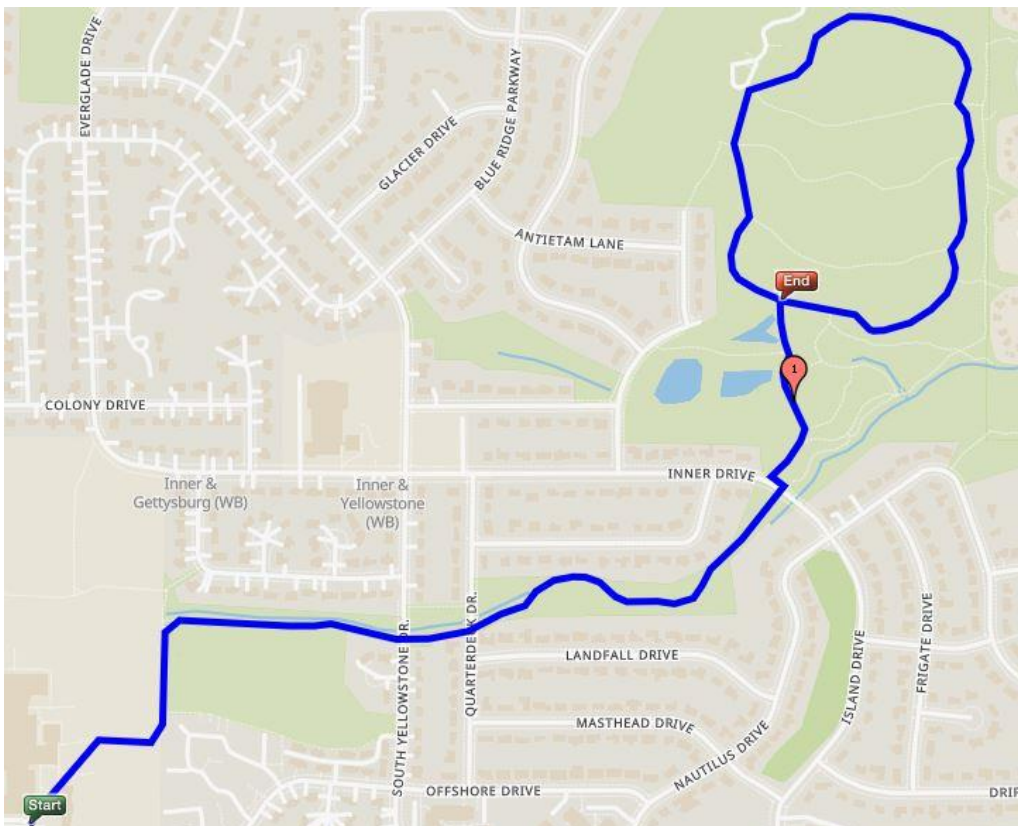
- Check-in and assure completion of COVID-19 Daily Screener [form](#)
- [Mileage Tracker and Attendance](#)

### Warmup - (10-15 minutes):

- Activation (hips) – glute raises, Hip Abduction, Hip Adduction, Hip External Rotation, Hip Internal Rotation
- Shoulder Activation – Y's, T's, W's
  - Walking Lunges
  - Walking Toe Touches
  - Walking Knee Hugs
  - High Knees
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  - Butt Kicks
  - Cradle Walk
  - Foot Grabs
  - Slide and Glide (Tall)
  - Slide and Glide (Low)
  - Carioca
  - Carioca (High Knee Crossover)
  - Arm Circles
  - Calf Stretch Straight
  - Calf Stretch Bent Leg

### Workout - (4:15-5:00- pod 1 or 4:30-5:10 – pod 2)

**Run:** 20-50 minutes Square Loop (Mineral Point, High Pont, Tree Lane, or Old Sauk Road) **(3.1 or 4 miles)** Parking Lot, JMM paths, to Owen Park, one or two loops and back.



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**(5:30 - 6:00): Please join us for the JMM CC Strength and Core Workout at 5:30 PM with Coach Katie through the following link. (ALUMNI Welcomed)**

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## Friday – March 26: 4 PM IN-PERSON – POD 1, 4:15 PM IN-PERSON, POD 2

Meet in northeast corner of Madison Memorial HS large parking near Mansfield Stadium Concession Stand. Coaches will be there to greet and check you in. Please make sure PARENTS have filled out the Daily Screener. You will not be able to practice in-person with the team unless this is completed.

### Announcements:

- Check-in and assure completion of COVID-19 Daily Screener [form](#)
- [Mileage Tracker and Attendance](#)

### Warmup - (10-15 minutes):

- Activation (hips) – glute raises, Hip Abduction, Hip Adduction, Hip External Rotation, Hip Internal Rotation
- Shoulder Activation – Y's, T's, W's
  - Walking Lunges
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  - Arm Circles
  - Calf Stretch Straight
  - Calf Stretch Bent Leg

### Workout - (4:20-5:10- pod 1 or 4:40-5:30 – pod 2

**Run:** To be determined

**Goal:**