

JMM Girls Cross Country – 2021 Practice Plan: (March 29 – April 4 – Week 3)

Announcements:

- First two weeks have been amazing – keep up the great work and get stronger every day!
- In person practice this week on Tuesday and Wednesday morning from 9:00 am – 10:00 am (ONE POD)
- COVID-19 Daily Screener [form](#) this week is only needed for Tuesday and Wednesday practices. Form needs to be completed between 12:01 am and 8:59 am (same day as in-person practice)
- Don't forget to track and log workouts on [Mileage Tracker and Attendance](#)
- Parent and Student Athlete [Permissions](#) forms need to be completed by April 6th
- Physicals [WIAA Physical Card and Alternate Year Card](#) and/or [WIAA Physical Card Waiver](#) need to be completed by April 6th
- Take care of yourself – hydrate, eat, sleep, ice
- This week is about recovery while still getting out on runs five days this week. Ideally, this would be Monday-Friday, while taking a short break from running on Saturday and Sunday (active recovery).
- Received some exciting news today that in-person competitions are going to be allowed and races will be limited to 50 participants. Tentative meet schedule is Saturday, April 17th, Saturday, April 24th, and Friday, April 30th meets at Lake Farm Park. They will be dual meets against East, Lafollette, and West, times to be determined.
- Varsity Sectionals (top 7 JMM runners) will be held on Saturday, May 1st at a location to be determined. Top two teams from Sectionals and top 5 individuals not on qualifying teams will have a chance to run at "STATE" on Saturday, May 8th – location to be determined. More information on competition [here](#):

Monday – March 29: Run on your own – No Zoom: 20-35 minutes on your own. (1.5 – 4 miles)

Tuesday – March 30: Practice at 9 am with coach Katie. Medium/hard long run – out and back on Gammon Road towards Middleton HS: Alternating 3 minutes easy followed by 1 minute moderately hard. 40-65 minutes. (4 – 6 miles)

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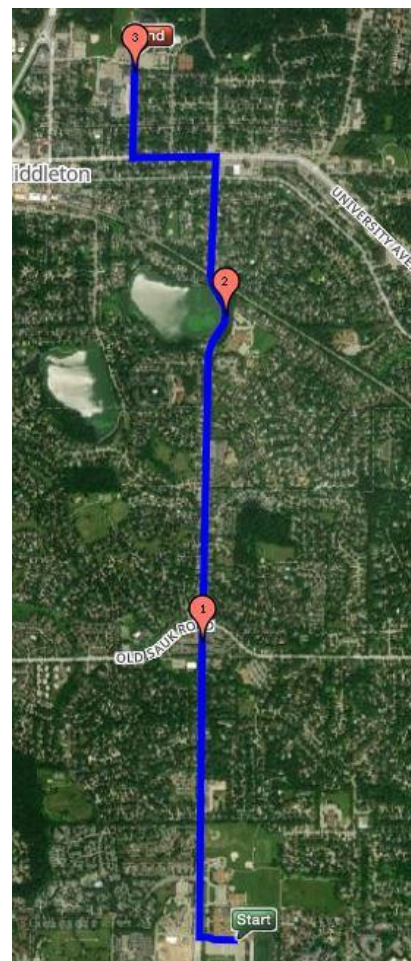
- Check-in and assure completion of COVID-19 Daily Screener [form](#)
- Fill out [Mileage Tracker and Attendance](#)

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 - (9:15)

4 mile option – turn around at railroad tracks near Stricker Pond
6 mile option – turn around in Middleton High School Parking lot



Wednesday - March 31: Practice at 9 am with coach Katie. Easy run – Square in reverse – Gammon, (Old Sauk or Tree), High Point, Mineral Point: 23-45 minutes. (2.5 – 4.4 miles)

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(10:30 – 11:00): Please join us for the JMM CC Strength and Core Workout at 10:30 AM 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

*This may be replaced with Coach Katie simply emailing or posting the strength and core for the week, so look for updates and more details on the Facebook page.

Thursday – April 1: Run on your own – No Zoom/No in-person practice: 20-35 minutes on your own. (1.5 – 4 miles)

Friday – April 2: Run on your own – No Zoom/No in-person practice: Try to pick a hilly course to do your run today. 20-35 minutes on your own. (1.5 – 4 miles)

Each of these runs should be followed with 6 strides of approximately 80-100 meters. Focus on form, running relaxed and finishing with something fast.

Saturday – April 3: Cross train or day off

Sunday – April 4: Day off, active recovery, or short run on your own.