

JMM Girls Cross Country – 2021 Practice Plan: (April 12th – 18th – Week 5)

Announcements:

- Amazing effort last week in the time trial, the workout, and dodging the rain drops!
- In person practice this week Tuesday-Friday as usual.
- We will once again aim for ONE POD, with everyone attending at 4 pm. If on any given day we are over 25, we will split up.
- COVID-19 Daily Screener [form](#), this week each day per usual. We will need one for our first race on Saturday as well.
- Don't forget to track and log workouts on [Mileage Tracker and Attendance](#)
- Still missing a few Parent and Student Athlete [Permissions](#) forms
- Physicals [WIAA Physical Card and Alternate Year Card](#) and/or [WIAA Physical Card Waiver](#) need to be completed by April 6th
- We will have a real cross country meet this Saturday, April 17th against Madison East at 1:15 pm at Lake Farm Park. Details regarding rides, spectators etc., will be determined early this week.
- Should find out early this week about Sectional/State race locations and time schedules. Teams we compete against [here](#):
- Uniform handout will be on Thursday; Spikes to practice on Friday.

Monday – April 12: 4-4:15 pm – short Zoom Meeting: Workout: Long run of the week 30-55 minutes on your own. **(3-7 miles)**

Join Zoom Meeting

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

Meeting ID: 966 4359 9771

Passcode: 755509 One tap mobile

+13126266799,,96643599771#,,,,*755509# US (Chicago)

5:30 – 6 pm - Please join us for the JMM CC Strength and Core Workout at 5:30 PM with Coach Katie through the following link.

Join Zoom Meeting

<https://srfconsulting.zoom.us/j/97445885042?pwd=MDVkMllrNXdBdBRVlczlITXljd2x2UT09&from=addon>

Meeting ID: 974 4588 5042

Passcode: 185621 One tap mobile

+13126266799,,97445885042#,,,,*185621# US (Chicago)

Tuesday – April 13: Practice at 4 pm – one pod: Easy mileage day/strides **(3 – 5 miles)**

Announcements:

- 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

Wednesday – April 14: Practice at 4pm – one pod – Workout – warmup run to Wexford Park (1.8 miles) or Walnut Grove (0.9 miles) – 20-25 minutes of tempo running, paces determined off your time trial. Cooldown run back to school. (3.7 – 6.5 miles)

Announcements:

- 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

Thursday – April 15: Practice at 4 pm – one pod: Easy mileage day/strides, route TBD (3 – 4 miles)

We will also hand out uniforms after the run.

Announcements:

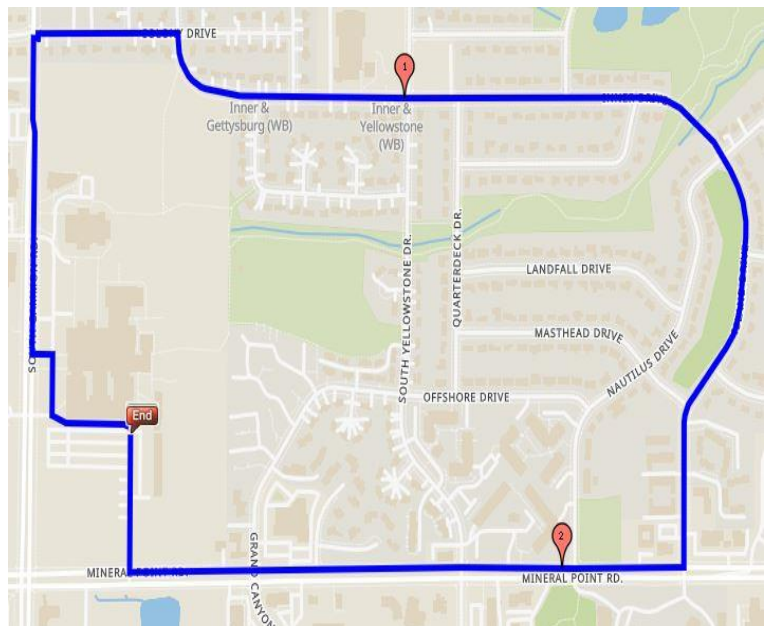
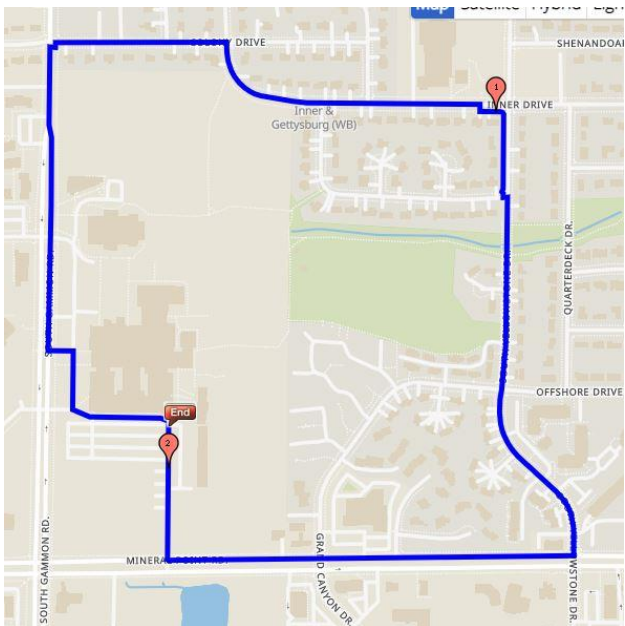
- Check-in and assure completion of COVID-19 Daily Screener [form](#).

Friday – April 16: Practice at 4pm – one pod - Pre meet or extended pre-meet. 18-28 minutes. (2 – 2.7 miles)

Run will be followed with 6 strides of approximately 80-100 meters. Focus on form, running relaxed and finishing with something fast. Please bring your spikes to practice. If you need 3/8" inserts, I will hand them out at practice.

Announcements:

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



Saturday – April 17: Meet against Madison East @ Lake Farm County Park. Race begins at 1:15 pm.

Announcements:

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

Tentative schedule:

Arrive at Lake Farm Park at 11:45 am.

Warmup run begins at 12:30 pm.

Race at 1:15 pm.

Cooldown run at 1:55 pm.

Leave Lake Farm Park 2:20 pm

Arrive back at JMM ~ 2:40 pm

*rides will be responsibility of the student-athlete; however, we will be able to arrange rides with teammates if needed. Many more details to come.

Sunday – April 18: Day off, active recovery, or short run on your own.