**WEEK 10 (Feb 1st)**

**Announcements:**

* Race results from Friday can be found [here](https://docs.google.com/spreadsheets/d/1tHqXrDN_683y2ORx9TDgspNXG7AXcqk2E6R_d1qL6js/edit?usp=sharing)
* Race is on TUESDAY of this week
* Some on-snow practices times are switching to earlier so we can ski in daylight
* Check the last page for group updates. Some changes have been made so make sure you know who you are skiing with

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| **Day** | **Location** | **Time** | **Practice Plan** |
| **Monday** | NA - Online team meeting | No group practice - do pre-race workout own your own4:00pm [meet online](https://meet.google.com/sya-pdft-yfy)  | 25-30min easy ski/run + stretchMeet online at 4pm for team meeting to talk about Tuesday race* Pre-apply Blue kick wax if you can

\*\*Make sure you RSVP for the race bus and/or race\*\* |
| **Tuesday** | Race against Forest Lake[Como Golf Course](https://www.google.com/maps/place/Como%2BPark%2BGolf%2BCourse/%4044.984169%2C-93.1483257%2C17z/data%3D%213m1%214b1%214m5%213m4%211s0x52b32b0532a16adb%3A0x3877ab635d424fe1%218m2%213d44.984169%214d-93.146137) | 1:30 - girls bus3:00 - girls 5k3:10 - girls 3k2:45 - boys bus4:15 - boys 5k4:35 - boys 3k | **Classic Race -** See race plan for details |
| **Wednesday** | Mounds View High School  | 3:45 - meet for team run4:15 - team activity (top secret for now) | Meet in the main parking lot. Bring clothes for outdoor running and outdoor activities. |
| **Thursday** | [Elm Creek Park Reserve](https://www.google.com/maps/place/Elm%2BCreek%2BPark%2BReserve/%4045.1382288%2C-93.455477%2C14z/data%3D%214m8%211m2%212m1%211selm%2Bcreek%2Bpark%2Breserve%213m4%211s0x52b338a96a5420db%3A0xe918882e272cded5%218m2%213d45.1382288%214d-93.4379675) (park at back overflow lot) | Practice time6:15-7:45Bus leaves MV 5:45, returns 8:15 | **Classic skiing**3x8min L3 intervals (double pole, no pole stride, striding)Julie/Emily’s groups: Technique work |
| **Friday** | [Battle Creek Recreation Center](https://www.google.com/maps/place/Battle%2BCreek%2BRecreation%2BCenter/%4044.9385111%2C-93.0149606%2C17z/data%3D%213m1%214b1%214m5%213m4%211s0x87f7d674767c24ef%3A0x9db8bdf01c8f4425%218m2%213d44.9385111%214d-93.0127719) | 3:30 bus leaves MV4-5:30 - practice6:00pm bus returns to MV | **Skate skiing**Coaches will lead groups on an easy ski of race course - we have multiple races at Battle Creek starting next week |
| **Saturday** | Morning - Optional on your own ski | NA | Optional pending weather and how you are feeling. If it is cold and/or you need rest, take this as a rest day!If skiing: distance classic ski for 90 min |

You MUST stay with your group at all times. You are responsible for making sure everyone in your group is accounted for during and after practice!

