**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 own  4:00pm [meet online](https://meet.google.com/sya-pdft-yfy) | 25-30min easy ski/run + stretch  Meet 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+Park+Golf+Course/@44.984169,-93.1483257,17z/data=!3m1!4b1!4m5!3m4!1s0x52b32b0532a16adb:0x3877ab635d424fe1!8m2!3d44.984169!4d-93.146137) | 1:30 - girls bus  3:00 - girls 5k  3:10 - girls 3k  2:45 - boys bus  4:15 - boys 5k  4:35 - boys 3k | **Classic Race -** See race plan for details |
| **Wednesday** | Mounds View High School | 3:45 - meet for team run  4:15 - 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+Creek+Park+Reserve/@45.1382288,-93.455477,14z/data=!4m8!1m2!2m1!1selm+creek+park+reserve!3m4!1s0x52b338a96a5420db:0xe918882e272cded5!8m2!3d45.1382288!4d-93.4379675) (park at back overflow lot) | Practice time  6:15-7:45  Bus 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+Creek+Recreation+Center/@44.9385111,-93.0149606,17z/data=!3m1!4b1!4m5!3m4!1s0x87f7d674767c24ef:0x9db8bdf01c8f4425!8m2!3d44.9385111!4d-93.0127719) | 3:30 bus leaves MV  4-5:30 - practice  6:00pm 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!

