**WEEK 12 (Feb 15th)**

**Announcements:**

* We are now at the point of the season where we shift focus to shorter intensity efforts and put more emphasis on adequate recovery
* Make sure to join for Monday’s virtual team building event!
* Race is on Tuesday
* Friday we have a special practice planned. Check out the details below!

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| **Day** | **Location** | **Time** | **Practice Plan** |
| **Monday** | [Zoom Call](https://moundsview.zoom.us/j/99012898514?pwd=RUNwSUxXSElTNUsrNDl4YjE4RmoxUT09) | Sometime in the afternoon: 20-30min jog  Zoom: 5-7pm | Pre-race shakeout jog in the afternoon  Team dinner and games with PRIZES led by your fabulous captains |
| **Tuesday** | RACE - Battle Creek | 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 vs. WBL & PWER |
| **Wednesday** | [Meet online](https://meet.google.com/sya-pdft-yfy) | Post-race recovery jog  Meet online at 4pm for stretching | 20-30min shakeout jog before we meet  During stretching, we will debrief the race and talk details for the rest of the week |
| **Thursday** | Como Golf Course | 3:45 bus leaves MV  4-5:15 - practice  5:15 - Bus heads back to MV | Easy skate ski with some downhill practice and agility maneuvers for tomorrow |
| **Friday** | [Hyland Lake Recreation Center](https://www.google.com/maps/search/jan's+place+hyland+park/@44.8261255,-93.3724785,17z/data=!3m1!4b1) - Park at Jan’s Place/  Edgewood Reservation Area | 5:45 - Bus leave MV  6:15-7:45 - Practice  7:45 - Bus heads back to MV | Skate sprint racing through an agility course! Wear lights (i.e. flashing bike lights, colorful string lights, etc if you have them)  The coaches will set up a short course with a few technical obstacles and we will take turns racing. We will crown some champions based on the best performances  **Family members are encouraged to join for skiing! This will be great for spectating as well.** |
| **Saturday** | Choose your location | NA | Distance ski - choose your technique  If you are skiing the Vasaloppet races on Sunday - take today off!  If you are NOT skiing Sunday, go for a 60-90 min easy ski at your favorite location |