**WEEK 7 (Jan 11th)**

* First race this Friday! Please RSVP for the race by EOD Monday

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| **Day** | **Location** | **Time** | **Practice Plan** |
| **Monday** | [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) (same place as last week - meet in overflow lot) | Practice time  6:15-7:45  Bus leaves MV 5:45, back at MV ~8:30pm | **Race ready skiers:**  Warmup routine: 20min ski, stretch, speeds  4x4min L4 (first two are no pole skate) - on artificial snow loop  Cool down back to parking lot  **Developing skiers:**  Technique work on small loop (same as last week), plus 1-2 “hot laps” to practice skiing at race pace  Reminders:   * Drug/COVID google form * RSVP for Friday race |
| **Tuesday** | [Como Park 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) (park in clubhouse parking lot) | Practice time  4-5pm skiing  5:00-5:10 - apply wax in parking lot  Bus leaves MV 3:45, back at MV ~5:30 | **Course preview for Friday racers**  **If not racing, easy ski/run on your own (30-45min)**  Meet near parking lot at 4pm, then depart in groups for preview of race course, 3-4x10sec speeds at the end  If racing, apply liquid wax after skiing and before getting on bus |
| **Wednesday** | Shakeout Run + Virtual strength | 3:30 - easy jog  4:00-5:15 [meet online](https://meet.google.com/sya-pdft-yfy) | Go for a 30-40min easy jog  Meet online at 4pm for virtual strength (click the link to join) |
| **Thursday** | Easy jog on your own  Mandatory Info Meeting for Friday racers | No group practice - do workout own your own  Friday racers - 5pm meet online | 25-30min easy ski/run  Meet online at 5-6pm for pre-race meeting |
| **Friday** | Skate race vs. PWER at [Como Park 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) | RACE TIMES:  1:30 - boys bus leaves MV  3:00 - boys 5k  3:20 - boys 3k  2:45 - girls bus leaves MVHS  4:15 - girls 5k  4:35 - girls 3k | **See blog post for race day details (i.e. bus times, arrival time, etc)** |
| **Saturday** | No group practice - OYO classic ski  choose a location that’s best for you | NA | New skiers: 1-1.5hr easy classic ski  Experienced or varsity level skiers: 2-2.5hr classic ski  with the following:  1x15min no pole striding (take off poles)  2x15min double pole only |