**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%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) (same place as last week - meet in overflow lot) | Practice time6:15-7:45Bus leaves MV 5:45, back at MV ~8:30pm | **Race ready skiers:**Warmup routine: 20min ski, stretch, speeds4x4min L4 (first two are no pole skate) - on artificial snow loopCool 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 paceReminders:* Drug/COVID google form
* RSVP for Friday race
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| **Tuesday** | [Como Park 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) (park in clubhouse parking lot) | Practice time4-5pm skiing5:00-5:10 - apply wax in parking lotBus 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 endIf racing, apply liquid wax after skiing and before getting on bus |
| **Wednesday** | Shakeout Run + Virtual strength  | 3:30 - easy jog4:00-5:15 [meet online](https://meet.google.com/sya-pdft-yfy) | Go for a 30-40min easy jogMeet online at 4pm for virtual strength (click the link to join) |
| **Thursday** | Easy jog on your ownMandatory Info Meeting for Friday racers | No group practice - do workout own your ownFriday racers - 5pm meet online  | 25-30min easy ski/runMeet 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%2BPark%2BGolf%2BCourse/%4044.984169%2C-93.1483257%2C17z/data%3D%213m1%214b1%214m5%213m4%211s0x52b32b0532a16adb%3A0x3877ab635d424fe1%218m2%213d44.984169%214d-93.146137) | RACE TIMES:1:30 - boys bus leaves MV3:00 - boys 5k3:20 - boys 3k2:45 - girls bus leaves MVHS4:15 - girls 5k4:35 - 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 skiExperienced or varsity level skiers: 2-2.5hr classic skiwith the following:1x15min no pole striding (take off poles)2x15min double pole only |