**WEEK 8 (Jan 18th)**

**Announcements:**

* No on-snow group practice on Monday due to MLK day
* Check [skinnyski.com](https://www.skinnyski.com/) for Friday’s race results (they will be posted as soon as they are ready)

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| **Day** | **Location** | **Time** | **Practice Plan** |
| **Monday** | On your own ski + online Medals Testing!!! | OYO ski in the morning2pm [meet online](https://meet.google.com/sya-pdft-yfy) for Medals Testing | For easy skiing: 60 min ski. technique of your choice. Choose the location that works best for you.  |
| **Tuesday** | [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! If you can, arrive early to meet Lisa/Emily for kick waxing if needed**Group-based workouts:*** **Group 1 (Lisa)** - Completed a 5k
	+ L3 classic intervals
* **Group 2 (Ian) -** Completed a 2.5k
	+ L3 classic intervals
* **Group 3 (Julie/Emily)** - Haven’t raced yet
	+ Classic technique work
 |
| **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** | RACE - LOCATION TBD PENDING SNOW QUALITY | RACE TIMES - **NOTE OPPOSITE ORDER FROM LAST WEEK**1:30 - girls bus leaves MVHS3:00 - girls 5k3:20 - girls 3k2:45 - boys bus leaves MV4:15 - boys 5k4:35 - boys 3k | **See blog post for race day details (i.e. bus times, arrival time, etc)** |
| **Saturday** | Distance ski - LOCATION TBD PENDING SNOW QUALITY | TBD | Update will be provided during Thursday evening meeting |