

Riverside Cross Country 2019 September 2019 Practice/ Workout Schedule

Please note that locations and times are subject to change. If a change occurs the team will be notified (email blasts, remind text, twitter). If weather (rain, heat, thunder/lightening) occurs please do not assume practice is canceled. In almost all cases we will have practice it may just be relocated or a change in time.

If you will not be able to attend practice, you must notify Coach DeGaetano and complete a running log while you are absent. Running logs can be found on the team page under team files. If you will be absent you need to notify Coach DeGaetano in advance in both written/ email and verbal form. Please note that athletes are allowed 3 unexcused absences. All athletes should review the attendance policy.

The workout schedule is broken into three parts-

Location/ Time: This is where and when we practice. Please review daily as we are not always meeting at Riverside. We meet at a number of locations, trails, parks, etc.

Workout: This is the plan for the day, it is broken into groups. Please note groups can change over time. Coach DeGaetano will notify you what group you will run with.

The Extra Mile: This includes anything extra for the day. For example, shoe night, picture day, spirit days, core/ weight work, etc.

All runners need:

- Dressed to run
- Water bottle
- Watch with stop watch feature
- Light weights (2lbs- 10lbs)

Morning Practices/ Oatlands

Please note that Morning Practices are on Tuesday and Friday's with the exception of the first Tuesday in September (following Labor Day Weekend). Morning Practices will start at 6:30AM, the runners have spoken and asked to start earlier! On Monday's we will be bused to Oatlands, these days will be longer than normal. We will send out a remind text on our way back to Riverside on these days to give you an approximate time frame on arrival back to the school.

Tuesday, September 3th

Oatlands - Hills

*Please note we have afternoon practice on Tuesday this week!

Wednesday, September 4th

Distance run

Weight Room

Thursday, September 5th

Speed

Friday, September 6th

Morning Practice Run @ 6:30AM, meet on track

Bring spikes!

Saturday, September 7th

6am

Race Day!

30min. if not racing

Sunday, September 8th

Rest Day.

Monday, September 9th

Oatlands - Hills

Tuesday, September 10th

Morning Practice Run @ 6:30AM, Meet on Track

Wednesday, September 11th

Race Day!

Thursday, September 12th

Distance run

Core/ Strength

Friday, September 13th

Morning Practice Run @ 6:30AM, Meet on Track

Saturday, September 14th

Oatlands Invitational- All hands on deck!

Sunday, September 15th

Rest Day

Monday, September 16th

Oatlands - Hills

Tuesday, September 17th

Morning Practice Run @ 6:30AM

*Weight room

Wednesday, September 18th

Race Day!

Thursday, September 19th

Recovery run

Friday, September 20th

Morning Practice Run @ 6:30AM

Saturday, September 21st

AM-LCXC - Loudoun County Championships, Rock Ridge High School

PM- RVA Relays, Richmond, VA

Sunday, September 22nd

Rest Day!

Monday, September 23rd

Oatlands - Hills

Tuesday, September 24th

Morning Practice Run @ 6:30AM

Wednesday, September 25th

Race Day!

Thursday, September 26th

Moderate to Easy Run

Friday, September 27th

Leave for Travel Meet - Only those attending Travel Meet

Morning Practice - 7AM

Saturday, September 28th

Travel Meet

Sunday, September 29th

Rest Day!

Monday, September 30th
Oatlands