



# 2014 SVDP Cross Country - Joshua 1:9 Be Strong and Courageous



		HAVE FUN	PLAY HARD	KNOW HOW STRONG YOU ARE	STAY POSITIVE	GIVE YOURSELF A BREAK	RIDE YOUR BIKE	MOVE WITH YOUR PARENTS	
Wk #	Week Of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	CORE Routine
9	Aug 31 Goal Setting	REST	Last day of summer!!!!  Celebrate with a FUN RUN	REST	PRACTICE at SVDP 2:00-3:30  PARENT MEETING (SG, RF, PB)	Elm Creek Park Reserve - Acorn Lot 4:30-6:00  PARENT MEETING PB, LH	PRACTICE at SVDP 2:00-3:30  SG, RF	REST	2X(8 push-up, 50 sec plank/abd) **10 min of core - CAPTAINS LEAD!
8	Sept 7 What luck is really about...	REST	PRACTICE at SVDP 2:00-3:30  (SG, RF)	Fish Lake Park 3:45-5:15  PB, LH	REST	Rum River Invitational Anoka High School with Totino Grace CC Team 3000 meters 3:00PM  PB, RF	REST	REST	2X(9 push-up, 40 sec plank/abd) **10 min of core - COACHES CHOICE!
7	Sept 14 What if I do nothing?	REST	Lake Harriet Scavenger Hunt** 6:00-7:30  PB	REST	PRACTICE at SVDP 2:00-3:30  SG, RF	REST	PRACTICE at SVDP 2:00-3:30  SG, RF	MessFest Slopstacale Course Lakeville, MN 8AM (check in)	2X(10 push-up, 50 sec plank/abd) **10 min of core - CAPTAINS LEAD!
6	Sept 21 What luck is really about....	REST	PRACTICE at SVDP 2:00-3:30  SG, RF	REST	Elm Creek Park Reserve - Acorn Lot 4:30-6:00  SG, PB	St Rapheal's 3:15PM  PB, RF	REST	REST	2X(11 push-up, 60 sec plank/abd) **10 min of core - 7th Grade LEAD!
5	Sept 28 Defining Goals	REST	PRACTICE at SVDP 2:00-3:30  SG, RF	North Heights Christian Meet TBD	REST	Elm Creek Park Reserve - Acorn Lot 4:30-6:00  PB, LH	Maranatha at Elm Creek Park 3:30 PM TBD	Easy 20 min JOG CORE	2X(12 push-up, 60 sec plank/abd) **10 min of core - 6th Grade LEAD!
4	Oct 5 The journey.	REST	Fish Lake Park 3:45-5:15  PB, LH	REST	Generation Endurance All Parochial Invite Fish Lake Park 3:30PM  PB, SG, RF	REST	PRACTICE at SVDP 2:00-3:30  SG, RF	REST	2X(13 push-up, 60 sec plank/abd) **10 min of core - 5th Grade LEAD!
3	Oct 12 Celebrate being different!	REST	Fish Lake Park 3:45-5:15  PB, LH	Anoka Invite Anoka HS 3PM  PB, RF	REST	Royal Relay CRD to Lake Harriet Band Shel 7:30AM PB, RF, SG	NO SCHOOL MEA	REST	2X(14 push-up, 60 sec plank/abd) **10 min of core - 8th Grade LEAD!

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2	Oct 19 Being Deserving	REST	PRACTICE at SVDP 2:00-3:30  SG, RF	Epiphany Meet 1 mile TBD	REST	Fish Lake Park 3:45-5:15  PB, LH	REST	REST	2X(14 push-up, 60 sec plank/abd) **10 min of core -
1	Oct 26 Putting Sport in Perspect.	REST	PRACTICE at SVDP 2:00-3:30  SG, RF	St Al's NSPSL Championship Race TBD	EOY Party	REST	REST	REST	2X(14 push-up, 60 sec plank/abd) **10 min of core -

### KEY:

INDICATES = practice at SVDP

INDICATES = practice away from SVDP

INDICATES = meet line up....."TBD" are the meets we are waiting confirmation and additional information on.

### TWO SPECIAL EVENTS:

- 1) MessFest, A Slopstacle Course with a cause! Saturday, Sept 20th, 8AM check-in, Lakeville, MN - \$29\*\*\* More information needs to be gathered before we are 100% participating.
- 2) Royal Relay, Thursday, Oct 16th, 7:30AM - 1:30PM

### END OF YEAR PARTY -:

Will be the first available day after the NSPSL CC Championship Meet at St Al's. At this time I am planning for Tuesday Oct 29th.