Punxsy boys XC Weekly Schedule for 10/31-11/5, 2016

**Monday, 10/31**-Practice 3:30-5:30

**Tuesday, 11/1**- Practice 3:30-5:15

**Wednesday, 11/2**-Practice 3:30-5:00 If you are attending the Foot Locker meet in NYC over Thanksgiving weekend you need to turn in your $20.00 entry fee (cash is preferred-Coach Snyder and I will then write one check to cover the cost of all our entrants). I don’t need the rest of the money any time soon-just the entry fee and the entry form so we can send them all in by the deadline, which is November 10th.

**Thursday, 11/3**-Practice 3:30-4:45

**Friday, 11/4**-Leaving for PIAA State Champs. I am expecting we will leave first thing in the morning on Friday, probably between 8:00-9:00 am. We will let you exactly once we know from the athletic office. I would expect we will stop for breakfast on the way down. We will try to go directly to the course, get in our run on the course, then head to the hotel. Wear something team-issued on the way down that you can run in if we don’t get a chance to change before heading to the course.

We are staying overnight in Hershey. I will give everyone the name of the hotel once I know where the athletic office has us booked.

**Saturday, 11/5**-State Meet! The AA boys race is scheduled for 12:30 on Saturday at the Parkview Cross Country Course. It’s the same course as the PIAA Foundation Invitational in September. Parking is at the Giant Center so that is where you should type in for GPS directions. The course is directly behind the Giant Center.

If you are leaving with a parent, make sure you get the note taken care of in advance. Plan on staying until 2:00 pm before leaving if you are not going home on the van.

As of now we have no meal money, so you will need to pay for your own meals. Please bring some healthy food for when we are at the hotel. Breakfast will be provided on Saturday at the hotel.

More information to follow throughout the week as it becomes available.

**Sunday, 11/6**-Rest day-no running.

If you are running Foot Locker, I am recommending you take off 3 days (Sunday, Monday and Tuesday) before resuming training. I will provide the training schedule for you to follow. We will probably be meeting twice a week, possibly three, in preparation for the race. The other days you can meet with some of your teammates or run on your own.

If you are not running FootLocker, I recommend 2-3 weeks off with no running! After this time, you should resume running 4-5 days a week for at least 30 minutes/day. I will provide a training plan for those of you who are not doing indoor track and field over the winter. If you are not doing indoor track and field, you will be expected to train on your own following the winter training plan I will post. This is obviously not mandatory, but doing nothing over the winter is not going to lead to success for our team next fall.