

Valentine's Day- Weekly Message

Monday 2/12            3 pm workout at ECP. NO SCHOOL- Lincoln's B-day  
 Tuesday 2/13            \*4pm recovery run w/ Coach Cheli\*  
 Wednesday 2/14        7:00 am Wednesday Workout at track. Bring spikes.<3  
 Thursday 2/15           6:20 am practice recovery run.  
 Friday 2/16              7:20 am team meeting. 4pm practice at track. Spiked 150m repeats.  
 Saturday 2/17            \*\*Long Hill Run- Eagle Road\*\*

\*There will be no Tuesday am check-in. Tuesday's afternoon recovery run will be 6 miles for VB, and 5 miles for VG. Practice will be over by 5:15 or 5:30 at the latest. Please ensure you have a ride that can pick you up during that window.

\*\*Saturday's practice will be on the south side of Corona, we will park on a street with really nice homes, and venture up the side of the Cleveland National Forest, up a trail called Eagle Road. More information to come on the website regarding this trail run. It is about a 20 minute drive from Eastvale to the start of this next Saturday's practice, so plan accordingly.

<p>Monday</p> <p>Plank Air Hockey Challenge!</p>	<p>Wednesday</p> <p>Split into 2 groups and switch after 10 minutes so 20 mins minimum if possible. Station based so everyone is doing something a little different at each time.</p> <p>Plyo jumps series (12 of each x 2 sets)</p> <p>Forward Line Jumps                  Side Line Jumps                  Box Jumps                  Split Lunges</p> <p>Core Series: (2 sets)</p> <p>Side Plank 30 seconds each side.                  Russians 50                  Plank with 50 shoulder Taps                  Weighted Single Leg Bends</p>
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