



# FOND DU LAC HIGH SCHOOL CROSS COUNTRY



**Fond du Lac Cross Country FVA Conference Champions:** 1989, 1995, 1996, 1997, 2008, 2011  
**State Qualifying Teams:** 1978, 1982, 1986, 1988, 1989, 1990, 1991, 1993, 1994, 1995, 1996, 2002, 2003, 2007, 2008, 2009, 2010  
***"All it takes is all you got!"***

## ***Schedule of Events for Week of September 10***

<b>Monday</b> 3:30 PM -- 5:30 PM	<b>Mindset:</b> <i>Concentration</i> Level 1: 4/5 X 1200 Level 2: 4/5 X 1000 75-90 Rest <b>Post Run:</b> Cool Down <b>Core/ Abs:</b> Weight Room	<b>Meeting Place:</b> LGI Notes:
<b>Tuesday</b> 3:30 PM -- 5:30 PM	<b>Mindset:</b> <i>Contemplation</i> RHYF Run 3- 5 Miles  <b>Post Run:</b> 6 XLS Cool Down @ UW FLD	<b>Meeting Place:</b> LGI Notes: <i>Finish at UW FDL (do 6 accelerations 40-60) and cheer on the middle school runners.</i>
<b>Wednesday</b> 3:30 PM -- 5:30 PM	<b>Mindset:</b> <i>Concentration</i> Level 1: 5/6 X 800 Level 2: 5/6 X 600 75-90 Rest <b>Post Run:</b> Cool Down <b>Core/ Abs:</b> Weight Room	<b>Meeting Place:</b> LGI Room Dressed and ready at 3:30pm
<b>Thursday</b> 3:55 PM -- 5:10 PM	<b>Trail Run!</b> <b>Mindset:</b> <i>Contemplation / Concentrations</i> Level 1 40 minutes Level 2: 30 minutes @ Aerobic Pace <b>Post Run:</b> 4 X 50 <b>Abs:</b>	<b>Meeting Place:</b> Hobbs Woods Notes: We will start at 3:55pm - 4:00pm allowing everyone to get to the site safely. Please make arrangements for rides prior to the practice. Note that practice will end at 5:10 PM.
<b>Friday</b> 3:30 PM -- 5:00 PM	<b>Shake out!</b> <b>Mindset:</b> <i>Contemplation / Concentrations</i> Level 1 What you need (20-30 minutes) Meditation / Goals /Senior Speakers  <b>Post Run:</b> Finish: Graduated / Sprints <b>Abs:</b>	<b>Senior Speakers:</b> <b>Meeting Place:</b> LGI Room Dressed and ready at 3:30pm  <b>PASTA DINNER???</b>

**"On race day, your preparation should be your motivation!**

With proper readiness the individual's confidence can claim great heights without outside voice and urging."