



# 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 October 15

<b>Monday</b> 3:30 PM -- 5:15 PM	<b>Mindset:</b> Concentration /ANAEROBIC Level 1: 5 x 400 <b>Post Run: TBA</b> Cool Down <b>Core/ Abs:</b> Weight Room	<b>Meeting Place:</b> LGI Notes:
<b>Tuesday</b> 3:30 PM -- 5:15 PM	<b>Mindset:</b> Contemplation / Aerobic Capacity Level 1: 4-5 Miles Level 2: 3-4 Miles <b>Post Run: 6 x 40</b> Cool Down <b>Core/ Abs:</b> Weight Room	<b>Meeting Place:</b> LGI Notes: Sharp run
<b>Wednesday</b> 3:30 PM -- 5:00 PM	<b>Mindset:</b> Concentration /ANAEROBIC Level 1: 30 sec intervals <b>Post Run: TBA</b> Cool Down <b>Core/ Abs:</b> Weight Room	<b>Meeting Place:</b> LGI
<b>Thursday</b> 3:30 PM -- 5:00 PM	<b>Mindset:</b> Contemplation / Aerobic Capacity Level 1: 4-5 Miles Level 2: 3-4 Miles <b>Post Run: 4 x 40</b> Cool Down <b>Core/ Abs:</b> Weight Room	<b>Meeting Place:</b> LGI <b>PASTA DINNER!!</b> <b>GUIDED IMAGERY</b>
<b>Friday</b>	<b>Sectionals</b> 2:30 Course Opens 3:15 Coaches Meeting 4:00 Boys' Race 4:45 Girls' Race 5:30 Awards	<b>Meeting Place:</b> Dismissal 1:20 PM Bus leaves @ 1:40pm Bus Return to school @ 6:30pm

**"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."