1. **Fall break workout schedule:**   
   Wednesday @ River Column’s Drive lot 4pm  
   Thursday We will depart for Red Top Mountain at 9am and return at 2-2:30 bring $5 to pay for lunch. YOU MUST TURN IN YOUR FIELD TRIP PERMISSION FORM BY WEDNESDAY 9/26.   
   Friday @ River 9-10am (Column’s Drive lot)
2. **Cass Cartersville Invitational**  
   WE will have 2 buses departing for Dellinger Park for the Cass Cartersville Invitational on Tuesday, 10/2.

**The first bus will depart at 12 and a second bus will depart at 2pm.** There will be a sign up sheet on Coach Monk’s door Friday for those who will attend the meet. WE can only take 100 people so first to signup will be ones who get to attend**.** In order to be excused from school for this meet you need to A. type your student ID# into the computer TODAY B. Not have more than one C in your classes. SCHOOL comes first so we will have study hall prior to the meet so bring classwork/Homework. Bring $5 to cover lunch for the 12pm departure (6” sub/chips/fruit/cookie) Bring more food if you need it.

TEAM POPE!! No rest is worth anything except the rest that is EARNED!! You have earned it. This break send me your best “resting” picture!!!!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  |  |  | 21 6:20- Workout for those NOT running at Wingfoot Classic Premeet everyone else |
| 22 OFF for those not at WingFoot Classic   Wingfoot Classic bus departs at **5:50** Varsity girls 8:15 Varsity boys 8:55 JV girls 9:25 Jv boys 10 | 23 LONG Run 6-10 miles 4-6 strides or hill repeats at end of run | 24 1 mile warmup, 3-4 1200’s at I pace (90% effort) Full recovery, 1-2 mile cool down  Weights  box jumps lunges Jump rope  Tricep 2X10 push ups 2X10 | 25  Medium Run 4-6 miles | 26  Cross train for 45 minutes of Cardio  Core 10-15’ of crunches/ oblique’s etc Permission form DUE!!  **River 4-5pm** | 27  1 mile warmup 3-4 mile tempo run w/ hills  1 mile cd  **RED TOP Mountain 9-2**  bring $5 for lunch | 28  Medium run of 4-7 miles  **River 9-10am** |
| Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
| 29 LONG RUN 5-10 5-6 1’ surges in your run or OFF | 30 LONG RUN 5-10 5-6 1’ surges in your run or OFF | 1 Premeet | 2 Cass Cartersville Invite  depart PHS @12:00 bring $5 for lunch @2:00 all others | 3 NO PRACTICE | 4Practice @620 ALL  Depart 12:30 for Disney ☺ | 5Practice @620 for those not at Disney |

**Schedule for the Cass Cartersville Invitational 10/2**  
Since we are short on bus space your PARENTS may drive you to the meet.  
JV Boys: 4:30 Boys JV start first and 5 to 7 min later the Girls JV Start

JV Girls: 4:37 Separate chute for boys and girls

Varsity Boys: 5:15

Varsity Girls: 5:45

Awards: 6:20