

### 2018 Tentative HL-O CC Season Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August</b> 12 Week 1	13--OK LE 4:00	14--OK SE 4:00 STR	15--OK LE 4:00	16--OK Biking 4:00	17--OK SE 4:00 STR	18--OO LE
19 Week 2	20--OK LE 4:00 STR	21--HL Co-ed Meet Game 4:00	22--OK Bike/Run uniforms STR 4:00	23--HL ME 4:00	24 Fairmont Age Group @ HS	25--OO LE
26 Week 3	27--OK 3:00 Pictures LE STR	28--OK ME 3:30	29 Wolverine Invitational Mt.Lake	30--OK Game 3:30 STR	31--OK LE 3:30	Sept. 1--OO Biking
2 Week 4	3--HL Labor Day 3:30 LOD	4--OK School Begins MOD STR	5--HL 1000's	6--OK Game STR	7--HL Tempo	8 Luverne Inv. @ HS
9 Week 5	10--HL DPI	11--OK LOD STR	12--HL Pool Game	13 Worthington Turkey Trot @Prairie View	14--OK LOD STR	15--OO MOD
16 Week 6	17 Windom Invitational	18--HL Pool	19--OK Game STR	20 JCC @ Loon Lake	21--OK LOD STR	22--OO Biking w/hills
23 Week 7	24--OK DBR Game STR	25 MCC Invitational @Slayton	26--HL Pool STR	27--HL LOD w/ hills	28--OK DPI STR	29--OO Biking w/hills
30 Week 8	Oct. 1--OK 1000's STR	2--HL MOD w/ hills	3--OK DBR STR	4 I-90 Inv. Fairmont@ Cedar Park	5--OK Game STR	6--OO LOD w/hills
7 Week 9	8--HL DPI	9--HL Pool STR	10--OK DBR	11 Madelia Inv.	12--OK LOD STR	13--OO Biking
14 Week 10	15 Conference @ Adrian	16--HL AR	17--OK MOD STR	18 MEA--HL 10 x 400	19 MEA-- OK LE STR	20--HL Time Trial PI
21 Week 11	22--OK AR Game	23--OK MOD STR	24--OK DBR	25 Section Meet @ Luverne	26--OK ER	27--OO LE
28 Week 12	29--OK ER PI	30--OK Time Trial	31--OK AR	Nov. 1--OO ER	2--OO DBR @ Northfield	3 State Meet St. Olaf

LE- Long Easy  
SE- Short Easy  
DBR- Day Before Race

MOD-Medium Over Distance  
LOD- Long Over Distance  
ER-Easy Recovery AR-Active Recovery

DPI- Descending Pace Intervals  
PI- Pace Intervals  
STR- Strength

OK-Okabena  
HL-Heron Lake  
OO-On Own