

Now more than ever,
the MVXC family is important.



We will be together...I wish I could tell you when.



District Meeting Happening Now

Mr. Bonacorsi, ADs from other schools, district management.

Hopefully we will have some specifics about in-person training soon.

I am as frustrated as the most frustrated of you.

What I Believe

We will be allowed to practice in cohorts shortly

Any competition will be intra-squad or virtual
(though I will continue to fight this a bit).



What We Will Do For Now

For now we will meet as a virtual team

Starting Thursday August 20, we will meet on Zoom at 3:35pm for 5-15 minutes:

- Updates
- Workouts
- Some inspiration

Then you pop out your door for your run.

Record your workout on this spreadsheet:

Record your workout on this spreadsheet:

The screenshot shows a Google Sheet interface with the following elements:

- Title:** MVXC Pandemic Training Log
- Toolbar:** File, Edit, View, Insert, Format, Data, Tools, Add-ons, Help. Status: Last edit was made 52 minutes ago by Maxwell Ready.
- Formulas:** fx icon and First Name input field.
- Spreadsheet Grid:**

	A	B	K	L	M	N	O	P	Q	R	S	T	U	V
1														
	First Name	Last Name	Aug 4 20	Aug 5 20	Aug 6 20	Aug 7 20	Aug 8 20	Aug 9 20	Week Total	Aug 10 20	Aug 11 20	Aug 12 20	Aug 13 20	Aug 14 20
2	Rohun	Agrawal							0.00					
3	Sean	Basu							0.00					
4	Vivian	Cheng							0.00					
5	Andrew	Cole							0.00					
6	Upasana	Dilip							0.00					
7	Rachael	Ding							0.00					
8	Sandhya	Fasnacht							0.00					
9	Kirk	Flatow	7.50		8.55		11.50	4.10	31.65		8.00		4.50	
10	Margaux	Francoeur							0.00					
11	Sahil	Goel							0.00					
12	Ellie	Hsu							0.00	7.00	7.00	9.00	5.50	4.50
13	Vibha	Iyengar							0.00					
14	Rachel	Jiang			3.00	4.00		4.00	11.00	3.50	4.00			

Monday-Tuesday-Wednesday next week

Schedule is odd so let's run OYO (morning,
afternoon, whatever)

Monday: 4 to 6 miles total with hill strides, includes warm up

Tuesday: 4 to 6.5 total, conversational

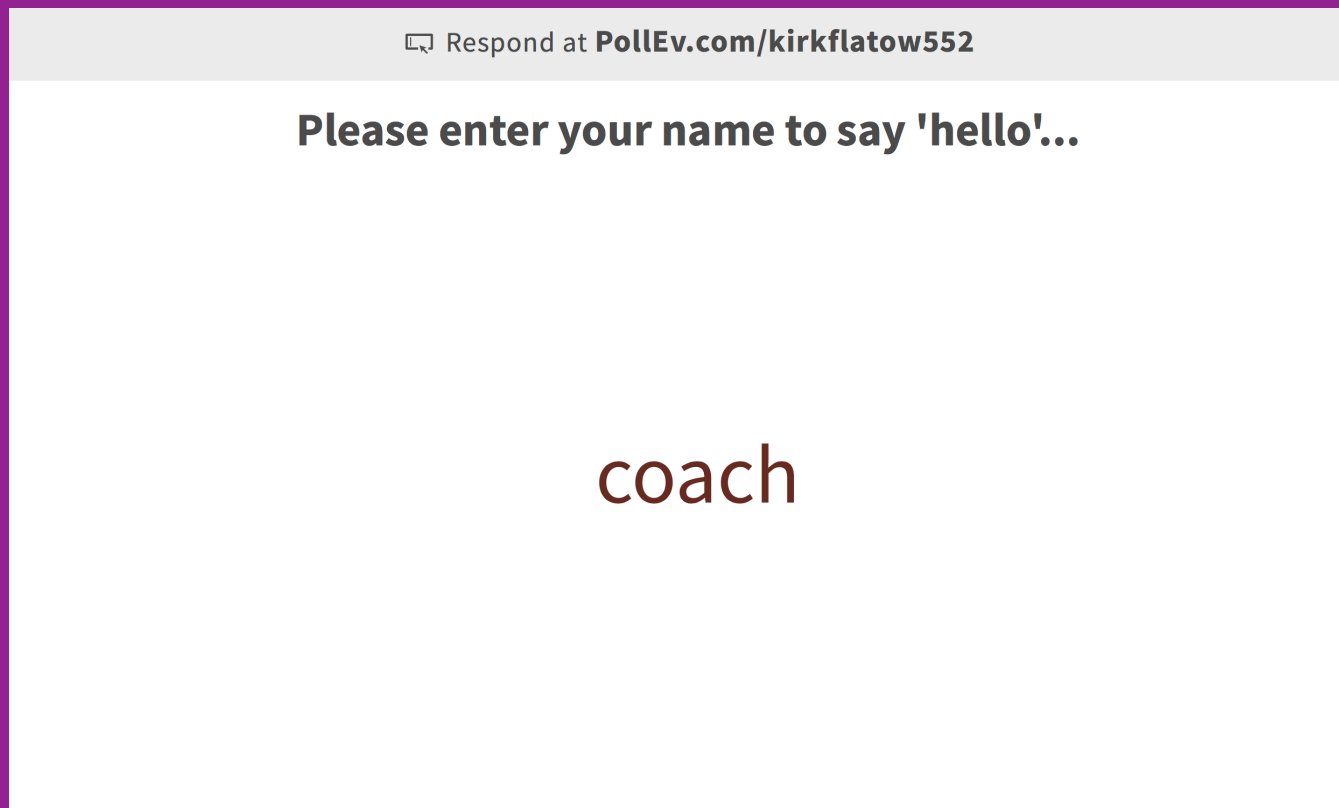
Weds: 3 to 6.5 total, conversational + 6x80m strides



Download the Poll Everywhere App

Pollev.com/kirkflatow552

We will use this for virtual practice attendance



Respond at Pollev.com/kirkflatow552

Please enter your name to say 'hello'...

coach

At Some Point...

I believe we will go to some sort of cohort-based training system.

There may be limits to the size of the training groups.

Priority to athletes that trained this summer, attend virtual practices, FKT challenge, enter workout data...there may also be a time trial to sort athletes into compatible groups.

Training is all optional.

Competition

As of now, in person XC competition is on hold.

What we can do:

Time Trials

Virtual Woodbridge 3 mile: Sept 12-17

Virtual Nike Portland 5km: Sept 23-30

“Monta Vista Challenge”

Athletic.net app for the Nike and Woodbridge meets

Download the AthleticAPP and sign in with team code

GDJ9FPSZ

Try to figure out how to use this hacked together app



FAQ...

I feel like there are two categories of FAQ



FAQ...

FAQ: When will we []?

Ans: I don't know.

FAQ: Do I have to []?

Ans: No you don't.



Comments? Josh Cox... Team

