**PTXC Invitational**

Goals & Race Plans

**Varsity Boys:**

Goals:

* Execute Race Plan in Competitive Field—Getting out Strong & Mixing it Up from the Start
* 20 Kickers in the Last Mile
* Team AVG.= Sub-17:00
* 2-5 Spread= 20 Seconds
* 7 out of 8= Sub-18:00

**Race Plan:**

* Galli—Be as relaxed as possible in the middle of the front pack for the 1st loop…respond to any moves and be ready to rock anywhere between 2 & 2.75 miles
* Adams, Ditzler, Kelly—Get out & establish pack towards the front (top 25-35 at the mile mark…probably 5:00-5:05)—Run strong & smooth for first loop & be able to touch each other at the halfway point—start a strong drive for home in the last 1.1!
* Daniel—Focus on YOU! Race with Confidence and GET OUT STRONG! Win that bet!
* T-Rob, Reist, Kramer—Get out together & get out strong (5:20-5:30 at the mile) & start moving up and through the field in the 2nd mile…YOU GET THE KICKERS in the last 1.1!

**JV Boys:**

Goals:

* Execute Race Plan in Competitive Field—BE COMPETITIVE!
* 20+ Kickers in the Last Mile
* Team AVG.= Sub-18:30 (2009=18:46)
* Some guys are breaking 18:00, lots are breaking 19:00/20:00, and EVERYONE runs faster than Tuesday!

**Race Plan:**

* CONTROLLED AGGRESSION! You can’t cross the Red Line in the first 1.5 miles, but you need to get after it, hang old, and run strong to the finish!

**PTXC Invitational**

Goals & Race Plans

**Varsity Girls:**

Goals:

* Execute Race Plan in Competitive Field—Getting out Strong & Mixing it Up from the Start
* 20 Kickers in the Last Mile
* Team AVG.= Sub-22:00
* Cut 2+ Minutes off of your time from Tuesday’s Meet
* Top 5= Sub 22:15
* 7 Out of 8= Sub 23:00

**Race Plan:**

* Haleigh—Get into the top 10-20 at the start and stay as relaxed as possible through the first mile/first loop…and then focus on running a really strong 2nd half with a great kick!
* Erica—Get out strong…close to Haleigh—Run strong & smooth through the middle mile & let’s practice getting up & getting after it in the last mile!
* Rhine, Diehm, Yoder—Get out strong & establish this pack in the first mile—don’t be afraid of a fast first mile. Stay strong & smooth throughout the middle mile & bring it home & get those kickers in the last mile!
* Kerbis & Doris—Be smart in the first mile! You still need to be in the race, but you have to be controlled so that you can run a VERY STRONG middle mile and pick up the kickers in the last mile!
* Hess—Focus on YOU and listen to your body. Get out in a pack where you feel quick & controlled…then look for a group in front of you to chase down…finish the last 1.1 & show off your SPEED!

**JV Girls:**

Goals:

* Execute Race Plan in Competitive Field—BE COMPETITIVE!
* 20+ Kickers in the Last Mile
* Team AVG.= Sub-25:00
* Some of you will break 24, some will break 25/26, and everyone runs faster than Tuesday!

**Race Plan:**

* CONTROLLED AGGRESSION! You can’t cross the Red Line in the first 1.5 miles, but you need to get after it, hang old, and run strong to the finish!