

# June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Short	2 Short	3 Medium	4 Short	5 Short	6 Medium
7 Off	8 Short	9 Short	10 Medium	11 Short	12 Short	13 Medium
14 Off	15 Short	16 Short	17 Medium	18 Short	19 Short	20 Medium
21 Off	22 Medium	23 Medium	24 Long	25 Medium	26 Medium	27 Long
28 Off	29 Medium	30 Medium		<b>New Runners:</b> Medium = 1.5-2.0 Miles Fast = Hills, Tempo Run,	Long = 2.5-3.0 Miles Fartlek, Repeats, etc.	
				<b>Returning Runners:</b> Medium = 2.5-3.0 Miles Fast = Hills, Tempo Run,	Long = 3.5-5.0 Miles Fartlek, Repeats, etc.	

# July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Long	2 Medium	3 Medium	4 Long
5 Off	6 Long	7 Medium	8 Fast	9 Medium	10 Long	11 Medium
12 Off	13 Long	14 Medium	15 Fast	16 Medium	17 Long	18 Medium
19 Off	20 Long	21 Medium	22 Fast	23 Medium	24 Long	25 Medium
26 Off	27 Long	28 Medium	29 Fast	30 Medium	31 Long	

# August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Medium
2 Off	3 Long	4 Medium	5 Fast	6 Medium	7 Long	8 Medium
9 Off	10 Long	11 Medium	12 Fast	13 Medium (on your own)  1st Full Day of School	14  XC Try-Outs @ Owl Park! 3:15-3:45p.m.	15 Medium
16 Off	17 1st Day of Practice @ Owl Park Bring your physical!	18 Parent/Athlete Meeting @ SMS Library 2:45-3:30 p.m.	19 <b>ALL FORMS AND FEES DUE TODAY!</b>  Practice at Owl Park 3:00-3:45p.m.	20 Practice at Owl Park 3:00-3:45 p.m.	21 1-2 Miles Easy on Your Own	22 Long Run on Your Own
23 Rest/Stretch	24	25	26	27 XC Meet @ Woodland	28 1-2 Miles Easy on Your Own	29 Long Run on Your Own
30 Rest/Stretch	31		Practices are held at Owl Park from 3:00p.m.-3:45p.m. Please be prompt when picking up your child! Meets are held on Thursdays and start at 4p.m. Please arrive at 3:30p.m. for warm-ups! Weekend Running is essential! Please encourage your child to follow this schedule!			

# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 <b>XC Meet @ Freedom</b>	4 1-2 Miles Easy on Your Own	5 Long Run on Your Own
6 Stretch/Bike/Swim (Free Choice)	7 NO SCHOOL  25 Minute Tempo Run on Your Own	8	9	10 <b>XC Meet @ Grassland</b>	11 1-2 Miles Easy on Your Own	12 <i>(Mesocycle 2 Begins)</i>  Long Run on Your Own
13 Stretch/Bike/Swim (Free Choice)	14 Team A @ Crockett Park	15	16	17 <b>XC Meet @ Page</b>	18 1-2 Miles Easy on Your Own	19 Long Run on Your Own
20 Stretch/Bike/Swim (Free Choice)	21 Team A @ Crockett Park	22	23	24 <b>XC Meet @ Woodland</b>	25 Rest Day	26 <b>AF Bridges Middle School XC Invita- tional (Top 7) @ Steeplechase Course</b>
27 Stretch/Bike/Swim (Free Choice)	28 <b>Medal Run @ Crockett Park</b>  1-2 Miles Easy (WMAA Runners)	29	30 <b>WMAA Championship Run @ Crocket Park (Top 10)</b>			

# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Awards Ceremony @ Chuck E Cheese in Cool Springs 4:00p.m.	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31