

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	New Runners: Short = 15-25 Minutes Light Jogging/Running Medium = 1.5-2 Miles Long = 3-4 Miles		Returning Runners: Short = 1.5-2.0 Miles Light Jogging/Running Medium = 2.5-3.0 Miles Long = 3.5-5.0 Miles	

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
New Runners: Medium = 1.5-2.0 Miles Fast = Hills, Tempo Run,	Long = 2.5-3.0 Miles Fartlek, Repeats, etc.		1 Long	2 Medium	3 Medium	4 Long
Returning Runners: Medium = 2.5-3.0 Miles Fast = Hills, Tempo Run,	Long = 3.5-5.0 Miles Fartlek, Repeats, etc.					
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) <i>1st Full Day of School</i>	14 Long <i>XC Try-outs for incoming 6th Graders!</i>	15 Medium
16 Off	17 1st Day of Practice @ SMS	18 Parent Meeting Coach Spredemann's Classroom 2:45-3:30 p.m.	19 ALL FORMS AND FEES DUE TODAY!	20	21	22
23	24	25	26	27	28	29
30	31					

September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	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			