

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monthly Mileage Goal:	<b>Summer Mileage Goal:</b>	<b>New or Inexperienced Runners</b> Short 2-3 Miles Medium 3-4 Miles Long 5-6 Miles	<b>Returning Runners</b> Short 2-4 Miles Medium 4-6 Miles Long 6-8 Miles	June Mileage Total:	<b>SCHEDULE DAYS OFF!</b>	1
2	<b>3</b> Short	<b>4</b> Short	<b>5</b> Short	<b>6</b> Short	<b>7</b> Medium	<b>8</b> Short
<b>9</b> Short	<b>10</b> Short	<b>11</b> Short	<b>12</b> Short	<b>13</b> Short	<b>14</b> Medium	<b>15</b> Short
<b>16</b> Short	<b>17</b> Short	<b>18</b> Short	<b>19</b> Medium	<b>20</b> Short	<b>21</b> Medium	<b>22</b> Short
<b>23</b> Short	<b>24</b> Short	<b>25</b> Short	<b>26</b> Medium	<b>27</b> Short	<b>28</b> Long	<b>29</b> Short
<b>30</b> Short						

# July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Medium	<b>2</b> Short	<b>3</b> Medium	<b>4</b> Short	<b>5</b> Long	<b>6</b> Short
<b>7</b> Short	<b>8</b> Medium	<b>9</b> Short	<b>10</b> Fast	<b>11</b> Short	<b>12</b> Long	<b>13</b> Short
<b>14</b> Short	<b>15</b> Medium  RAVENWOOD CAMP WEEK 1	<b>16</b> Short	<b>17</b> Fast	<b>18</b> Short	<b>19</b> Long	<b>20</b> Short
<b>21</b> Short	<b>22</b> Medium  RAVENWOOD CAMP WEEK 2	<b>23</b> Short	<b>24</b> Fast	<b>25</b> Short	<b>26</b> Long	<b>27</b> Short
<b>28</b> Short	<b>29</b> Medium	<b>30</b> Short	<b>31</b> Short			
		Monthly Mileage Goal:	July Mileage Total:			

# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Must try and run 1 of the 2 weekend days each week. This can be an easy run, but try and get out.			<b>1</b> Practice 3:15-4:30	<b>2</b> Practice 3:15-4:30	<b>3</b>
<b>4</b>	<b>5</b> Practice 3:15-4:30	<b>6</b> Practice 3:15-4:30	<b>7</b> Practice 3:15-4:30	<b>8</b> Practice 3:15-4:30	<b>9</b> Practice 3:15-4:30	<b>10</b>
<b>11</b>	<b>12</b> Practice 3:15-4:30	<b>13</b> Practice 3:15-4:30	<b>14</b> Practice 3:15-4:30	<b>15</b> Practice 3:15-4:30	<b>16</b> Practice 3:15-4:30	<b>17</b>
<b>18</b>	<b>19</b> Practice 3:15-4:30	<b>20</b> Practice 3:15-4:30	<b>21 MEET @ Mill Creek Vs. MCMS, SMS, GMS</b>	<b>22</b> Practice 3:15-4:30	<b>23</b> Practice 3:15-4:30	<b>24</b>
<b>25</b>	<b>26</b> Practice 3:15-4:30	<b>27</b> Practice 3:15-4:30	<b>28 MEET @ Woodland Vs. PMS, HMS, TSMS</b>	<b>29</b> Practice 3:15-4:30	<b>30</b> Practice 3:15-4:30	<b>31</b>

# September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>2</b> Labor Day NO PRACTICE	<b>3</b> Practice 3:15-4:30	<b>4</b> MEET @ Heritage Vs. HMS, Hills, SSMS	<b>5</b> Practice 3:15-4:30	<b>6</b> Practice 3:15-4:30	7
8	<b>9</b> Practice 3:15-4:30	<b>10</b> Practice 3:15-4:30	<b>11</b> MEET @ Grassland Vs. GMS, SMS, PMS	<b>12</b> Practice 3:15-4:30	<b>13</b> Practice 3:15-4:30	14
15	<b>16</b> Practice 3:15-4:30	<b>17</b> Practice 3:15-4:30	<b>18</b> MEET @ Brentwood Vs. BMS, GMS	<b>19</b> Practice 3:15-4:30	<b>20</b> Practice 3:15-4:30	21
22	<b>23</b> MEET North Medal Run @ Sunset  Top 10 practice	<b>24</b> Practice 3:15-4:30  Top 10 Only	<b>25</b> MEET County Championship @ Woodland	<b>26</b>	<b>27</b>	28
29	<b>30</b>					