

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Run at 7:00 am	5 Run On Own -Do 1 set Of the Goucher	6 Run at 7:00 am Run 6x Strides Do Core Routine 1 set	7 Run On Own -Do Lower Leg Routine	8 Run at 7:00 am Bikes Plus LONG RUN	9 Run on Own Easy -Do Myrtle
10	11 Run on Own Do 5-Key Exercises 1-set 4:00: Meet at Quad with envelopes	12 Run on Own -Do Core Routine 1 Set	13 Practice at 3:30 at Track	14	15 Practice 5:30 am Cohn Park	16 Lon Run On Own Group 1: 4-6 Group 2: 6-8 Group 3: 10 Group 4: 11-12
17	18	19	20	21	22 Run-A-Thon 5:30 am Vista Track	23 Lon Run On Own Group 1: 4-6 Group 2: 6-8 Group 3: 10 Group 4: 11-12
24	25 Practice 3:30 pm At Vista	26 Practice 5:30 am Cohn Park	27 Practice 4:30 pm Cohn Park	28 Practice 5:30 am Cohn Park	29 Practice 5:30 am Cohn Park	30 Lon Run On Own Group 1: 4-6 Group 2: 6-8 Group 3: 10 Group 4: 11-12

Note: Hold the shift key down when clicking on a link to open in a new window.

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 On Own Group 1: 30 min Group 2: 40 Min Group 3: 50 Min Group 4: 1 Hour All: 6x strides	2	3 Time Trial Cohn Park 4:00 pm Race at 5:00 pm	4	5	6 Group 1: 5-6 Group 2: 7-8 Group 3/4: 10-12
7	8	9	10	11	12	13 Nevada Union Invite Bus Departs @ 6:15 am
14	15	16	17 League Meet Granite Park Bus Departs @ 1:45 pm	18	19	20
21	22	23	24	25	26	27 Stanford Invite
28	29	30				

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