

2019 June						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	01	02
03	04	05	06	07	08	09
8 Miles on your own submit through MapMyRun	5 Miles on your own submit through MapMyRun	Practice @ Breckinridge at 7:30 PM	Off Day	7 Miles on your own submit through MapMyRun	Practice @ Breckinridge at 7 am	Off Day
10	11	12	13	14	15	16
8 Miles on your own submit through MapMyRun	5 Miles on your own submit through MapMyRun	Practice @ Breckinridge at 7:30 PM	Off Day	7 Miles on your own submit through MapMyRun	Practice @ Breckinridge at 7 am	Off Day
17	18	19	20	21	22	23
8 Miles on your own submit through MapMyRun	5 Miles on your own submit through MapMyRun	Practice @ Breckinridge at 7:30 PM	Off Day	7 Miles on your own submit through MapMyRun	Practice @ Breckinridge at 7 am	Off Day
24	25	26	27	28	29	30
8 Miles on your own submit through MapMyRun	5 Miles on your own submit through MapMyRun	Practice @ Breckinridge at 7:30 PM	Off Day	7 Miles on your own submit through MapMyRun	Practice @ Breckinridge at 7 am	Off Day
01	02	Notes:				

2019

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01 No practice	02 No practice	03 No practice	04 No practice	05 No practice	06 No practice	07 Off Day
08 Practice @ Breckinridge at 6:45 am	09 10 Miles on your own submit through MapMyRun	10 Practice @ Breckinridge at 6:45 am	11 Off Day	12 Practice @ Breckinridge at 6:45 am	13 Practice @ Breckinridge at 7 am	14 Off Day
15 Practice @ Breckinridge at 6:45 am	16 10 Miles on your own submit through MapMyRun	17 Practice @ Breckinridge at 6:45 am	18 Off Day	19 Practice @ Breckinridge at 6:45 am	20 Practice @ Breckinridge at 7 am	21 Off Day
22 Practice @ Breckinridge at 6:45 am	23 10 Miles on your own submit through MapMyRun	24 Practice @ Breckinridge at 6:45 am	25 Off Day	26 Practice @ Breckinridge at 6:45 am	27 Practice @ Breckinridge at 7 am	28 Off Day
29 Practice @ Breckinridge at 6:45 am	30 10 Miles on your own submit through MapMyRun	31 Practice @ Breckinridge at 6:45 am	01	02	03	04
05	06	Notes:				

2019

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01 Practice @ Breckinridge at 6:45	02 Practice @ Breckinridge at 6:45	03 Practice @ Breckinridge at 7 am	04 Off Day
05 Practice @ Sachse at 6:30 am	06 10 Miles on your own submit through MapMyRun	07 Off Day	08 Practice @ Sachse at 6:30 am	09 Off Day	10 Practice @ Breckinridge at 7 am	11 5 Miles on your own submit through MapMyRun
12 First Day of School	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01
02	03	Notes:				