

JUNE 2024



TOP PRIORITIES!

Milage

Hydration

Resting

NOTES

- We will meet at the track
- Bring a water bottle
- All practices will be in the morning unless otherwise decided because of the weather.
- Record your miles on the calendar, even when we don't meet

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3 9-10	4 9-10	5 9-10	6	7	8	9
10 9-10	11 9-10	12 9-10	13	14	15	16
17 9-10	18 9-10	19 9-10	20	21	22	23
24 9-10	25 9-10	26 9-10	27 9-10	28	29	30



JULY 2024



TOP PRIORITIES!

increase of Speed

Attendance

Heat Acclamation

NOTES

- We will meet 4 times a week in July
- Begin spending time outside and getting used to the heat
- We want to see you! Come run with us!

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8 9-10	9 9-10	10 9-10	11 9-10	12	13	14
15 9-10	16 9-10	17 9-10	18	19	20	21
22 9-10	23 9-10	24 9-10	25 9-10	26	27	28
29 9-10	30 9-10	31 9-10				

AUGUST 2024



TOP PRIORITIES!

School schedule changes and adjustment

Heat Acclimation

Nutrition



NOTES

- No Practice the week before we go back. Use this time to rest and get organized.
- Bring a water bottle to practice
- Drink water at school
- Calendars will be turned in the 12th

MON	TUE	WED	THU	FRI	SAT	SUN
			1 9-10	2	3	4
5	6	7	8	9	10	11
12 First day of practice 320-5	13 320-5	14 9th Grade First Day 320-5	15 1st day 320-5	16 320-5	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	