

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5
6	7	8	9	10	11 FUN RUN 6am Thompson Lake Track LAST DAY OF SCHOOL PT Night 5-7pm	12 LD: 3 miles
13	14 Tempo Run: 2 miles	15 FUN RUN 7pm Thompson Lake Track Finish at DQ, bring \$	16 ED: 2-3 miles	17	18	19 LD: 3-4 miles
20	21 Tempo Run: 2-3 miles	22 FUN RUN 7pm Thompson Lake Track Finish at DQ, bring \$	23 ED: 3-4 miles	24	25	26 LD: 3.5-4.5 miles
27	28 Tempo run: 2.5-3.5 miles	29 FUN RUN 7pm Thompson Lake Track Finish at DQ, bring \$	30 Fartlek: 2.5-3.5 miles			

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 ED: 3-4 miles	2	3 LD: 4-5 miles
4	5 Tempo Run: 3-4 miles	6 Summer Down Time You can run, we just can't meet!	7 Fartlek: 3-4 miles Summer Down Time	8 ED: 3-4 miles Summer Down Time	9 Summer Down Time	10 LD: 4.5-5.5 miles Summer Down Time
11 Summer Down Time	12 Tempo Run: 3-4 miles Summer Down Time	13 Summer Down Time	14 Fartlek: 3-4 miles	15 ED: 3-4 miles	16	17 LD: 5-6 miles
18 ED: 2-3 miles	19 Tempo Run: 3.5-4.5 miles	20 FUN RUN 7pm Thompson Lake Track Finish at DQ, bring \$	21 Fartlek: 3.5-4.5 miles	22 ED: 3-4 miles	23	24 LD: 5.5-6.5 miles
25 ED: 2-3 miles	26 Tempo Run: 4-5 miles	27 FUN RUN 7pm Thompson Lake Track Finish at DQ, bring \$	28 Fartlek: 4-5 miles	29 ED: 3-4 miles	30	31 LD: 6-7 miles Summer Down Time You can run, we just can't meet!

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ED: 3 miles Summer Down Time	2 Tempo Run: 4-5 miles Summer Down Time	3 Summer Down Time	4 Fartlek: 4-5 miles Summer Down Time	5 ED: 3-4 miles Summer Down Time	6 Summer Down Time	7 LD: 5 miles Summer Down Time
8 ED: 3 miles Summer Down Time	9 Tempo Run: 4-5 miles Summer Down Time	10 Summer Down Time	11 Fartlek: 4-5 miles FUN RUN 7pm Thompson Lake Track Finish at DQ, bring \$	12 ED: 3-4 miles	13	14 LD: 6-7 miles
15	16 Permission Slip Due Physical, Pay to Participate Due Practice Starts Thompson Lake Track 7pm	17	18 Practice Thompson Lake Track 7pm	19 Practice Thompson Lake Track 7pm	20	21
22	23 Practice Thompson Lake Track 7pm	24	25 Practice Thompson Lake Track 7pm	26 Practice Thompson Lake Track 7pm	27	28
29	30 Practice Thompson Lake Track 7pm	31				

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice Thompson Lake Track 7pm	2 Practice Thompson Lake Track 7pm	3	4
5	6	7 First Day of School Practice starts every day after school	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		