

June 2011

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

July 2011

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

August 2011

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

September 2010

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