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| August |
| 2020 |
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| Cross Country Conditioning   * All practice @ MHS until further notice * 8/4 - 8/6 Practice starts at **8:30am** * 8/10 - 8/14 Practice starts at **7:15am** * 8/17 - 8/31 Practice starts afterschool at **3:40pm**   Practice will last for 45 minutes to one hour. Arrive on time and arrange rides before practice begins. | **Reminders:**    -Bring water & mask    -Listen to your body    -Wear supportive running shoes & comfortable clothes & watch |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  | **MHS**  **35 min. tempo run** | **MHS**  **10 X 400 & abs** | **MHS**  **35 min. fartlek** | **No practice** |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **MHS**  **40 min. tempo run** | **MHS**  **5 x 1,000** | **MHS**  **Hills & abs** | **MHS**  **35 min. fartlek** | **MHS**  **60 min. long run** |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  | **MHS**  **40 min. tempo run** | **MHS**  **6 x 600** | **MHS**  **Hills & abs** | **MHS**  **40 min. fartlek** | **MHS**  **60 min. long run** |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|  | **MHS**  **45 min. tempo run** | **MHS**  **10 X 400 & abs** | **MHS**  **Race simulation** | **MHS**  **30 min easy run** | **MHS**  **60 min. long run** |  |
| 30 | 31 |  |  |  |  |  |
|  | **MHS**  **45 min. tempo run** |  |  |  |  |  |