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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** |  |  |  |  |  |