

Practices for the LAST week of

JULY:

(note the time change on the 31st)

27 OFF	28 6-7:30pm @ Midview (7 miles)	29 6-7:30pm @ (Bowling Alley)	30 OFF	31 7:30am-9am @ Bowling Alley (6 miles)	1 SEE AUGUST!	2 SEE AUGUST!
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AUGUST 2008

MIDVIEW HIGH SCHOOL CROSS COUNTRY.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 7:30am-8:30am 30 minute run	2 5 miles LSD (on your own)
3 OFF	4 7:30am-9am @ Midview (5 mi. LSD)	5 7:30am-9am @ Bowling Alley (5 mile Fartlek)	6 CAMP! 30 minute run	7 CAMP! 15 min. warmup 3x1 mile repeats at race pace (3 min. rest in between each) 15 min. cooldown	8 CAMP! 6 mile run (easy pace)	9 CAMP! 5 mile run (medium pace)
10 CAMP! 30 minute run (easy)	11 TEAM PICTURES @ 1:40pm Practice after until 3:00pm	12 7:30am-9am @ Midview (5 x 1,000's on the track)	13 7:30-9am @ Bowling Alley (6 miles LSD)	14 7:30am-9am @ Midview (5 mile Fartlek)	15 7pm-8pm (Practice time) @ Midview 7pm-midnight MIDNIGHT- MARTON!	16 6 miles LSD (on your own)
17 OFF	18 7:30am-9am @ Midview (5x1,000's on the track)	19 7:30am-9 @ Midview (6 mi. LSD)	20 7:30am-9 @ Bowling Alley (6 mi. Fartlek)	21 7:30am-9am @ Midview (5 miles LSD)	22 7:30am-8:30am @ Midview (30 minutes LSD)	23 MEET #1
24	25	26	27	28	29	30
31						

Shaded boxes indicate MANDATORY PRACTICES!!!! ALL FORMS MUST BE IN BY 8/4/2008