

Raa XC August

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 TRYOUTS: 4pm-5:15	11 TRYOUTS: 4pm-5:15	12 TRYOUTS: 4pm-5:15	13
14 RUN @ HOME: 1.5 miles, medium pace	15 Practice 4:00-5:15	16 Practice 4:00-5:15	17 Practice 4:00-5:15 PARENT MEETING: 5:15-5:20 @ Media	18 RUN @ HOME: 1.5-2.5 miles, slow, easy pace	19 Practice 4:00-5:15	20 Stretch, hydrate, light ½ mile
21 RUN @ HOME: 1.5 miles, medium pace	22 Practice 4:00-5:15	23 Practice 4:00-5:15	24 1 st XC MEET @ ARP Girls 6PM Boys 6:30	25 RUN @ HOME: 1.5-2.5 miles, slow, easy pace	26 Practice 4:00-5:15	27
28 RUN @ HOME: 1.5 miles, medium pace	29 Practice 4:00-5:15	30 Practice 4:00-5:15	31 2 nd XC MEET @ Ft. Braden Girls 6PM Boys 6:30			