

Raa XC September

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Note: Gulf Winds Track Club (GWTC) races are optional but beneficial. Gulfwinds.org</p>	<p>Note: The season is over when this calendar runs out: make the most of this month!</p>	<p>Note: Text/message each other about weekend runs. Ask each other how it went! Track the progress! Team communication = magic!</p>	<p>Note: If possible, run together on days when we don't have practice. Neighborhoods? Tom Brown? Greenways? Look for grass/dirt/hills.</p>	<p>1 No Practice. Run 2 mi. @home, recovery pace</p>	<p>2 Practice 4:05-5:15</p>	<p>3 Stretch, hydrate, 10 minute run without stopping (aka #10NoStop)</p>
<p>4 Run 2-3 miles @ home, easy pace</p>	<p>5 LABOR DAY: NO SCHOOL 20 Minute run at home, no stopping</p>	<p>6 Meet at Montford @ 5:30</p>	<p>7 Practice 4:05-5:15</p>	<p>8 No Practice, short run at home</p>	<p>9 Practice 4:05-5:15</p>	<p>10 Stretch, hydrate, 10 minute run without stopping (#10NoStop)</p>
<p>11 Run 2-3 miles @ home, easy pace</p>	<p>12 Practice 4:05-5:15</p>	<p>13 NO PRACTICE, REST DAY: STRETCH AND HYDRATE</p>	<p>14 Meet at Gretchen Everhart @ 10:00 Team bus to/from</p>	<p>15 No Practice. Run 2 mi. @home, recovery pace</p>	<p>16 Practice 4:05-5:15</p>	<p>17 GWTC 5k: WOMEN'S DISTANCE FESTIVAL \$5 8AM, INDIANHEAD or #10NoStop @ home</p>
<p>18 Run 2-3 miles @ home, easy pace</p>	<p>19 Practice 4:05-5:15</p>	<p>20 Practice 4:05-5:15</p>	<p>21 No Practice, stretch and hydrate</p>	<p>22 Meet at Fairgrounds @ 5:30 **NO TEAM BUS**</p>	<p>23 Practice 4:05-5:15</p>	<p>24 GWTC 5K: Prefontaine \$15, 9AM, WALLWOOD BOYSCOUT RESERVATION or #10NoStop @ home</p>
<p>25 Run 2-3 miles @ home, easy pace</p>	<p>26 FALL HOLIDAY: NO SCHOOL RUN 3 mi. @ home, HARD PACE</p>	<p>27 Practice 4:05-5:15</p>	<p>28 Practice 4:05-5:15</p>	<p>29 NO PRACTICE, REST DAY: STRETCH AND HYDRATE</p>	<p>30 Meet at FSU Rec Sportsplex @ 7pm</p>	<p>October 1 & 2 SAT/SUN: Run 3 mi. @ home, HARD PACE</p>

MON, October 3: Practice 4:05-5:15 TUES, October 4: **FINAL Practice 4:05-5:15** WED, October 5: **CHAMPIONSHIP MEET AT ARP @5:30** THURS, October 6: CLEAN JERSEY TURN IN

TBA: Augusta Raa Cross Country Banquet and Farewell