

2024 Woodland Cross Country Summer Workout Schedule

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
8 Wilson Park 7:30 - 8:30 AM	9	10 NWA Mall Trailhead 7:30 - 8:30 AM	11 Centennial Park 7:30 AM - 8:30 AM	12
15 Wilson Park 7:30 - 8:30 AM	16	17 NWA Mall Trailhead 7:30 - 8:30 AM	18 Mt. Kessler 7:30 - 8:30 AM	19
22 Wilson Park 7:30 - 8:30 AM	23	24 NWA Mall Trailhead 7:30 - 8:30 AM	25 Botanical Gardens 7:30 - 8:30 AM	26
29 Wilson Park 7:30 - 8:30 AM	30	31 NWA Mall Trailhead 7:30 - 8:30 AM		

2024 Woodland Cross Country Summer Workout Schedule

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Veterans Park 7:30 - 8:30 AM</p>	<p>2</p>
<p>5 Wilson Park 7:30 - 8:30 AM</p>	<p>6</p>	<p>7 NWA Mall Trailhead 7:30 - 8:30 AM</p>	<p>8 TBD - Retreat 8 - 12 PM</p>	<p>9</p>
<p>12 NO PRACTICE</p>	<p>13</p>	<p>14 Woodland 7:15 - 8:15 AM</p>	<p>15 Woodland 7:15 - 8:15 AM <i>Uniforms after practice</i></p>	<p>16</p>
<p>19 NO PRACTICE</p>	<p>20 First Day of School</p>			