


# June

# 2019



**PERSIST UNTIL SUCCESS HAPPENS**

**#TRAINWITHHEART**

**Summer Goal:**  
Build a strong endurance base and come into cross country season with a body that is conditioned and ready for speed work and competition.

Stay updated by signing up for Remind 101: Text @sharkx to 81010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	1	2
ROYO 3 Beginner: 20 min/ 2mile Returner: 30 min/ 3 mile	ROYO 4 Beginner: 20 min/ 2mile Returner: 30 min/ 3 mile	Cross Train 30 minutes	ROYO 6 Beginner: 20 min/ 2mile Returner: 30 min/ 3 mile	ROYO 7 Beginner: 20 min/ 2mile Returner: 30 min/ 3 mile	Rest/Recover	Rest/Recover
ROYO 10 Beginner: 25 min/ 2.5 mile Returner: 35 min/ 3.5 mile	ROYO 11 Beginner: 25 min/ 2.5 mile Returner: 35 min/ 3.5 mile	Cross Train 35 minutes	ROYO 13 Beginner: 25 min/ 2.5 mile Returner: 35 min/ 3.5 mile	ROYO 14 Beginner: 25 min/ 2.5 mile Returner: 35 min/ 3.5 mile	Rest/Recover	Rest/Recover
ROYO 17 Beginner: 30 min/ 3 mile Returner: 40 min/ 4 mile	ROYO 18 Beginner: 30 min/ 3 mile Returner: 40 min/ 4 mile	Cross Train 40 minutes	ROYO 20 Beginner: 30 min/ 3 mile Returner: 40 min/ 4 mile	ROYO 21 Beginner: 30 min/ 3 mile Returner: 40 min/ 4 mile	Rest/Recover	Rest/Recover
ROYO 24 Beginner: 35 min/ 3.5 mile Returner: 45 min/ 4.5 mile	ROYO 25 Beginner: 35 min/ 3.5 mile Returner: 45 min/ 4.5 mile	Cross Train 45 minutes	ROYO 27 Beginner: 35 min/ 3.5 mile Returner: 45 min/ 4.5 mile	ROYO 28 Beginner: 35 min/ 3.5 mile Returner: 45 min/ 4.5 mile	Rest/Recover	Rest/Recover
3	4	5	6	7	8	9

ROYO = Run On Your Own

# July

# 2019



**SUMMER GOAL:**

Just keep running, working out and staying active.

**Important Dates:**

Group Runs -

7/8 - 7/11 @ 8am

7/15 - 7/18 @ 8am

7/22 - 7/25 @ 8am

7/29- 8/1 @ 8am

\*\*\* Official Start Date\*\*\*


**Aug. 5th @ 4:30pm- You must have an updated physical turned in and all papers in Arbiter completed.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ROYO 1 Beginner: 40 min/ 4 mile Returner: 50 min/ 5 mile	ROYO 2 Beginner: 40 min/ 4 mile Returner: 50 min/ 5 mile	3 Cross Train 50 minutes	ROYO 4 <b>HOLIDAY</b>	ROYO 5 Beginner: 40 min/ 4 mile Returner: 50 min/ 5 mile	6 Rest/Recover	7 Rest/Recover
8 Group Run @ 8am	9 Group Run @ 8am	10 Group Run @ 8am	11 Group Run @ 8am	12 Cross Train 55 minutes	13 Rest/Recover	14 Rest/Recover
15 Group Run @ 8am	16 Group Run @ 8am	17 Group Run @ 8am	18 Group Run @ 8am	19 Cross Train 55 minutes	20 Rest/Recover	21 Rest/Recover
22 Group Run @ 8am	23 Group Run @ 8am	24 Group Run @ 8am	25 Group Run @ 8am	26 Cross Train 55 minutes	27 Rest/Recover	28 Rest/Recover
29 Group Run @ 8am	30 Group Run @ 8am	31 Group Run @ 8am	1 Group Run @ 8am	2 Cross Train 55 minutes	3	4
5	6	7	8	9	10	11

Attendance at Group Runs is highly encouraged. Meet by the weight room.

# August

# 2019



**Practice Schedule once school starts:**  
Monday - 6am  
Tuesday - 3pm  
Wednesday - 6am  
Thursday - 6am  
Friday - Meet

**Remember:**  
-Drink plenty of water.  
-Fuel your body with healthy food.  
-Stretch.  
-Listen to your body.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
				1	2	3	4
			Practice @ 8am	Cross Train 55 minutes	Rest/Recover	Rest/Recover	
5	6	7	8	9	10	11	
First Practice @ 4:30	Practice @ 4:30	Practice @ 4:30	Practice @ 4:30	Cross Train 55 minutes	Rest/Recover	Rest/Recover	
12	13	14	15	16	17	18	
Practice @ 8am	Practice @ 8am	Practice @ 8am	1st Day of School - Practice @ 3pm	Practice @ 1st period	Rest/Recover	Rest/Recover	
19	20	21	22	23	24	25	
Practice @ 6am	Practice @ 3pm	Practice @ 6am	Practice @ 6am	Bulldog Relays	Rest/Recover	Rest/Recover	
26	27	28	29	30	31	1	
Practice @ 6am	Practice @ 3pm	Practice @ 6am	Practice @ 6am	Falcon Invite	Rest/Recover	Rest/Recover	
2	3	4	5	6	7	8	

First mandatory practice is on Monday, Aug. 5<sup>th</sup>. Physicals must be turned in and paperwork completed before you can practice.