

October

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Parent Meeting @5:30pm	2	3	4
5	6	7 1st Practice @6:45am	8 Practice @6:45am	9 No Practice 30 min OYO Recovery Run	10 Fall Break Try to get 2-3 miles of running OYO	11 Fall Break NO PRACTICE
12 Fall Break NO PRACTICE	13 Fall Break: 45 min run OYO	14 Practice @6:45am	15 Practice @6:45am	16 Practice @6:45am	17 No Practice 2-3 miles OYO	18 OYO 45 min run
19 REST	20 No Practice 30 min Run OYO	21 Practice @6:45am	22 Practice @7:15 am Meet @5:00pm Leaman	23 Practice @6:45am	24 Practice @6:45am Pictures @5:00 pm	25 OYO 3 mile run
26 REST	27 Practice @6:45am	28 Practice @6:45am	29 Practice @7:15 am Meet @5:00pm HOME	30 Practice @6:45am	31 No Practice 30 min run OYO	

November

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 OYO: 30-40 min conversation run
2 REST	3 Practice @6:45am	4 Practice @6:45am	5 Practice @7:15 am Meet @5:00pm	6 Practice @6:45am	7 Practice @6:45am	8 OYO 2-3 mile at 80%
9 REST	10 Practice @6:45am	11 Practice @7:15 am Meet @5:00pm	12 Practice @6:45am	13 Practice @6:45am	14 Practice @6:45am	15 REST
16 REST	17 Practice @6:45am	18 District Meet @8:00am	19 END OF SEASON	20	21	22
23	24	25	26	27	28	29
30						