

\*SRC = Summer Running Club 9:00 AM  
 (Meet @ HS Fieldhouse)

June 2017

BLUE LION XC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	Free Physicals 5:00 pm	*SRC - 9:00 AM 20 min*	7	SRC 20 min	9	10 25 min
11	12	<del>13</del> 20 min	14	<del>15</del> 20 min	16	17 25 min
18 Father's Day	19	SRC 25 min	21	SRC 25 min	23	24 30 min
25	26 35 min	SRC 30 min	28	SRC 35 min	30	

★ - 20 min = Time for HS returning runners. If you are first year HS or MS runner, aim for 2/3 of that time. (13 min)

Get Strong: M-W-F @ 8:30 AM

# July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 30 min
2	3 40 min	<del>4</del> Independence Day	5 40 min	<del>6</del>	7 35 min	8 30 min
9	10 - 40 min - 4-6 build-ups	11 SRC 20 min	12 25 min	13 SRC - 35 min - 4-6 build-ups	14	15 30 min
16	17 Fair Week - 40 min - 4-6 build-ups	<del>18</del> 25 min	19 30 min	20 SRC - 25 min - 4-6 build-ups	21	22 30 min
23	24	25 SRC 50 min	26 25 min	27 SRC - 35 min - 4-6 build-ups	28 25 min	29 30 min
30	31 SRC - 1 hour - 4-6 build-ups					

# August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1 <sup>st</sup> Day of Practice, 9:00 @ Fieldhouse	2 Turn in Summer mileage	3	4	5 Eymon Park, 9:30
6	7	8	9 Great Seal S.P.	10	11	12
13	14 Practice, 3:30	15	16 1 <sup>st</sup> Day of School	17	18	19 Practice, 9:00
20	21	22	23	24	25	26 Meet @ Wilmington
27	28	29	30	31		