June 2018

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | 30 minutes or 4 miles | off |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 35 mins or 5 miles | **Lakeview Park 8:00am**  30 mins or 4 miles | off | **Lakeview Park 8:00am**  30 mins or 4 miles | **Lakeview Park 8:00am**  30 mins or 4 miles | 30 mins or 4 miles | off |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 35 mins or 5 miles | **Lakeview Park 8:00am**  30 mins or 4 miles | off | **Lakeview Park 8:00am**  30 mins or 4 miles | **Lakeview Park 8:00am**  30 mins or 4 miles | 30 mins or 4 miles | off |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 40 mins or 6 miles | **Lakeview Park 8:00am**  35 mins or 5 miles | off | **Lakeview Park 8:00am**  35 mins or 5 miles | **Lakeview Park 8:00am**  35 mins or 5 miles | 35 mins or 5 miles | off |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 40 mins or 6 miles | **Lakeview Park 8:00am**  35 mins or 5 miles | off | **Lakeview Park 8:00am**  35 mins or 5 miles | **Lakeview Park 8:00am**  35 mins or 5 miles | 35 mins or 5 miles | off |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

July 2018

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  |  |  |  |  |  | off |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 40 mins or 6 miles | **Lakeview Park 8:00am**  35 mins or 5 miles | 35 mins or 5 miles | **Lakeview Park 8:00am**  35 mins or 5 miles | **Lakeview Park 8:00am**  35 mins or 5 miles | 35 mins  or 5 miles | off |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 45 mins or 7 miles | **Lakeview Park 8:00am**  35 mins and 6 strides | 35 mins or 5 miles | **Lakeview Park 8:00am**  35 mins and 6 strides | **Lakeview Park 8:00am**  35 mins and 6 strides | 35 mins  or 5 miles | off |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 45 mins or 7 miles | **Lakeview Park 8:00am**  35 mins and 6 strides | 35 mins or 5 miles | **Lakeview Park 8:00am**  35 mins and 6 strides | **Lakeview Park 8:00am**  35 mins and 6 strides | 35 mins  or 5 miles | off |
| 29 | 30 | 31 |  |  |  |  |
| 45 mins or 7 miles | **Lakeview Park 8:00am**  35 mins and 6 strides | **Lakeview Park 8:00am**  35 mins or 5 miles |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

August 2018

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | 35 mins and 6 strides  or 5 miles | 40 mins and 6 strides  or 6 miles | 35 mins and 6 strides  or 5 miles | off |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 50 mins or 8 miles | 30 mins and strides  Or 4 miles | 30 mins and strides  Or 4 miles | **First official Practice**  **Lakeview Park 8 am** | **Lakeview Park 8 am**  40 mins and 6 strides | **Lakeview Park 8 am**  40 mins and 6 strides |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | High School 3 pm | High School 3 pm | High School 3 pm | High School 3 pm | High School 3 pm |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | High School 3 pm | High School 3 pm | High School 3 pm | High School 3 pm | High School 3 pm |  |
| 26 | 27 | 28 | 29 | 30 | 31 |  |
|  | High School 3 pm | High School 3 pm | High School 3 pm | High School 3 pm | High School 3 pm |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |