

AUGUST 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Make sure to get your physical into the office before the start of practice!	2	3	4	5
6	7 XC Practice 5:30-7:00 pm Time Trial @BHRA Meet on Track	8 XC Practice 5:30-7:00 pm 800's @ Race Pace; Meet at Track	9 XC Practice 5:30-7:00 pm Negative Split Day; Meet at Track	10 XC Practice 5:30-7:00 pm Hill Runs; Meet at Bird Tower Parking Lot Picnic Time!	11 XC Practice 9:30-11:00 am Long Run with pace changes	12 accumulate 5 miles this weekend w/ running, biking, walking...or combo
13	14 XC Practice w/Parent Meet. 5:30-7:30 @ Kentner's house Threshold Run w/ Taco Bar	15 XC Practice 3:00-4:30 Interval Day @ Track	16 XC Practice 3:00-4:30 Mile Repeats; meet @ Track	17 XC Practice 3:00-4:30; Meet @ Track then Long Run Day	18 XC Practice 3:00-4:30; Meet @ Track; Run Hares & Hounds/ 3 rounds	19 accumulate 5 miles this weekend w/ running, biking, walking...or combo
20	21 XC Practice 3:00-4:30 Meet @ Track; 3-mile Fartlek; finish @ Andi Mae's	22 XC Practice 3:00-4:30; Meet in Team Room; then Strategy Pace Run	23 XC Practice 2:50-4:00; Meet on Track. Long Run w/surges	24 XC Practice 3:00-4:30; Meet at Track. Run/Rest/Run	25 XC Practice 3:00-4:30 Race Day Prep w/ Snack Mix Ritual	26 XC MEET @ Paris HS @ 8:30 am Bus @ 6:30 am
27 Rest Day or short walk	28 XC Practice 2:50-4:00; Meet on Track Flush Run	29 XC MEET @ Chrisman @ 4:15 pm Bus @ 2:15 pm	30 XC Practice 3:00-4:30; Meet on Track. Long Easy Run	31 XC Practice 3:00-4:30; Meet on Track. Adrenalin Points	1	2