

# July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Easy Run - 30 min 6 strides OYO <b>Summer Cond Camp</b> <b>Girls 8-10 Boys 9-11</b>	2 Easy Run - 30min On your own
3 Rest	4 Long Run 6 strides OYO	5 Easy Run - 30 min 6 strides OYO	6 <b>School @ 7:00am</b> Easy Run/Strides Weight Room	7 <b>School @ 7:00am</b> Circuit	8 Easy Run - 30 min 8 strides On your own	9 Easy Run - 30min On your own
10 Rest	11 <b>NO PRACTICE</b> Run on your own or Conditioning Camp	12 <b>Leo Aguilar Stadium</b> 8:00am	13 <b>School @ 7:00am</b> Easy Run/Strides Weight Room	14 <b>School @ 7:00am</b> Circuit	15 Easy Run - 30 min 8 strides On your own	16 Easy Run - 30min On your own
17 Rest	18 <b>School @ 7:00am</b> Long Run/Strides Weight Room	19 <b>School @ 7:00am</b> Easy Run & Hills	20 <b>School @ 7:00am</b> Easy Run/Strides Weight Room	21 <b>School @ 7:00am</b> Circuit	22 Easy Run - 30 min 8 strides On your own	23 Easy Run - 30min On your own
24 Rest	25 <b>School @ 6:30am</b> Long Run/Strides Weight Room	26 <b>Leo Aguilar Stadium</b> 8:00am	27 <b>School @ 7:00am</b> Weight Room Easy Run/Strides	28 <b>Meet at School 7am</b> <b>Travel to SPI</b>	29 Easy Run - 30 min 8 strides On your own	30 Easy Run - 30min On your own
31 Rest						

# August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>School @ 7am</i> <i>Time Trial</i> <i>Circuit Training</i>	2 <i>School @ 7am</i> <i>Long Run/Strides</i>	3 <i>School @ 7am</i> <i>Weight Room</i> <i>Whistle Run</i>	4 <i>Meet at School 7am</i> <i>Travel to SPI</i>	5 <i>School @ 7am</i> <i>Recovery Run</i>	6 <i>Easy Run - 30min</i> <i>On your own</i>
7 <i>Rest</i>	8 <i>School @ 6:30am</i> <i>Long Run/Strides</i>	9 <i>School @ 6:30am</i> <i>Circuit Training</i>	10 <i>School @ 6:30am</i> <i>Easy Run</i>	11 <i>School @ 6:30am</i> <i>Hills</i> <i>Parent Meeting 6pm</i>	12 <i>Scavenger Hunt</i> <b>6:30am</b>	13 <i>Easy Run - 30min</i> <i>On your own</i>
14 <i>Rest</i>	15 <i>1st Day of School</i> <i>No Practice</i>	16 <i>School @ 6:15am</i>	17 <i>School @ 6:15am</i>	18 <i>School @ 6:15am</i>	19 <i>School @ 6:15am</i>	20 <i>Easy Run - 30min</i> <i>On your own</i>
21 <i>Rest</i>	22 <i>School @ 6:15am</i> <i>Long Run/Strides</i>	23 <i>School @ 6:15am</i>	24 <i>School @ 6:15am</i>	25 <i>School @ 6:15am</i>	26 <i>Rest No Practice</i> <b>Concession Stand</b> <b>Edcouch Elsa</b>	27 <b>San Benito</b>
28 <i>Rest</i>	29 <i>School at 6:15am</i> <i>Long Run/Strides</i>	30 <i>School @ 6:15am</i>	31 <i>School @ 6:15am</i>			