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| **XC – August 2019**  **Cross training consists of any form of exercise other than running such as weight lifting, HIIT, swimming, biking, elliptical, yoga, soccer, etc.** | | | | | | | | | | | | | | |
| **Sun** |  | **Mon** |  | **Tue** |  | **Wed** |  | **Thu** |  | | **Fri** |  | **Sat** | |
| **28**  **OFF** |  | **29**  **Gold’s Gym**  **@6:30am** |  | **30**  **PHS Track @6:30am** |  | **31**  **Campbell Green**  **@6:30am** |  | **1**  **PHS Track @6:30am** |  | **2**  **PHS Track @6:30am**  **1st Time Trial – 5K** | |  | | **3**  **60 min cross training or returning runners can run 35 min easy** |
|  |  |  |  |  |  |  |  |  |  |  | |  | |  |
| **4**  **OFF** |  | **5**  **Gold’s Gym**  **@6:30am** |  | **6**  **PHS Track @6:30am** |  | **7**  **Campbell Green @6:30am** |  | **8**  **PHS Track @6:30am** |  | **9**  **PHS Track @6:30am**  **2nd Time Trial – 5K** | |  | | **10**  **CAR WASH @Sonny Bryan’s 10am-2pm**  **35 min easy** |
|  |  |  |  |  |  |  |  |  |  |  | |  | |  |
| **11**  **OFF** |  | **12**  **Gold’s Gym**  **@6:30am** |  | **13**  **PHS Track @6:30am**  **Parent Mtg @6:30pm Corral** |  | **14**  **Campbell Green @6:30am** |  | **15**  **First Day of School**  **PHS Track @6:30am** |  | **16**  **PHS @6:30am**  **Uniform Handout/Team Pictures/Team Meeting** | |  | | **17**  **Plano XC Invitational**  **Meet at PHS @6:15am** |
|  |  |  |  |  |  |  |  |  |  |  | |  | |  |
| **18**  **OFF** |  | **19**  **Gold’s Gym**  **@6:15am**  **Weight Room @8:30** |  | **20**  **PHS Track @6:30am** |  | **21**  **Campbell Green**  **@6:30am**  **Weight Room @8:30am**  **Kickoff Cookout 6:30pm** |  | **22**  **PHS Track @7:30am** |  | **23**  **Cowtown Challenge**  **Meet at PHS @5:05am** | |  | | **24**  **30 min recovery run** |
|  |  |  |  |  |  |  |  |  |  |  | |  | |  |
| **25**  **OFF** |  | **26**  **Gold’s Gym**  **@6:15am**  **Weight Room @8:30** |  | **27**  **PHS Track @6:30am**  **Weight Room @8:15** |  | **28**  **Campbell Green**  **@6:30am** |  | **29**  **PHS Track @6:30am**  **Weight Room @8:15** |  | **30**  **Fundraiser Set up and Possible Short Practice**  **PHS @TBA in the AM** | |  | | **31**  **60 min cross training or 40 min easy run** |
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