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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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