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| **XC – June 2019****We will only meet on Monday, Wednesday, and Friday during June. The other workouts are done on your own. Cross training can consist of any form of exercise other than running such as weight lifting, HIIT training, swimming, biking, elliptical, yoga, soccer, etc.** |
| **Sun** |  | **Mon** |  | **Tue** |  | **Wed** |  | **Thu** |  | **Fri** |  | **Sat** |
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| **2** |  | **3****Gold’s Gym****@6:30am** |  | **4****30 min easy run** |  | **5****Campbell Green @6:30am** |  | **6****45-60 min cross training or returning runners can run 30 min easy** |  | **7****PHS Track @6:30am** |  | **8****45-60 min cross training or returning runners can run 30 min easy** |
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| **9****OFF** |  | **10****Gold’s Gym****@6:30am** |  | **11****30 min easy run** |  | **12****Campbell Green @6:30am** |  | **13****45-60 min cross training or returning runners can run 30 min easy** |  | **14****PHS Track @6:30am** |  | **15****45-60 min cross training or returning runners can run 30 min easy**  |
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| **16****OFF** |  | **17****Gold’s Gym****@6:30am** |  | **18****30-35 min easy run** |  | **19****Campbell Green****@6:30am** |  | **20****45-60 min cross training or returning runners can run 30 min easy** |  | **21****PHS Track @6:30am** |  | **22****45-60 min cross training or returning runners can run 30 min easy** |
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| **23****OFF** |  | **24****Gold’s Gym****@6:30am** |  | **25****30-35 min easy run** |  |  **26****Campbell Green****@6:30am** |  |  **27****45-60 min cross training or returning runners can run 30 min easy** |  |  **28** **PHS Track @6:30am**  |  |  **29** **45-60 min cross training or returning runners can run 30 min easy**  |
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