

# MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	Preseason XC Meeting 7:15am Coach's Room 11	12
WEEKLY GOAL 200 Mi. Club: 14 300 Mi. Club: 21 400 Mi. Club: 28	14	15	16	17	18	19
WEEKLY GOAL 200 Mi. Club: 14 300 Mi. Club: 21 400 Mi. Club: 28	21	22	23	24	Last Day of School 25	26
WEEKLY GOAL 200 Mi. Club: 14 300 Mi. Club: 21 400 Mi. Club: 28	28	29	30	31		

## NOTES

Check [www.oskycrosscountry.com](http://www.oskycrosscountry.com) each week for any announcements  
When you skip a day of running, your competition is out getting better

# JUNE 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					LIFTING 8:15 am OPEN GRASS 9:15 am High School 1	2
WEEKLY GOAL 200 Mi. Club: 16 300 Mi. Club: 24 400 Mi. Club: 32	LIFTING 8:15 am OPEN GRASS 9:15 am High School 4	5	6	7	LIFTING 8:15 am NO OPEN GRASS 8	9
WEEKLY GOAL 200 Mi. Club: 16 300 Mi. Club: 24 400 Mi. Club: 32	LIFTING 8:15 am OPEN GRASS 9:15 am High School 11	12	13	14	LIFTING 8:15 am OPEN GRASS 9:15 am High School 15	16
WEEKLY GOAL 200 Mi. Club: 18 300 Mi. Club: 27 400 Mi. Club: 36	LIFTING 8:15 am OPEN GRASS 9:15 am High School 18	19	20	21	LIFTING 8:15 am OPEN GRASS 9:15 am High School 22	23
WEEKLY GOAL 200 Mi. Club: 18 300 Mi. Club: 27 400 Mi. Club: 36	LIFTING 8:15 am OPEN GRASS 9:15 am High School 25	26	27	28	LIFTING 8:15 am OPEN GRASS 9:15 am High School 29	30

## NOTES

Check [www.oskycrosscountry.com](http://www.oskycrosscountry.com) each week for any announcements  
 When you skip a day of running, your competition is out getting better

# JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEKLY GOAL 200 Mi. Club: 18 300 Mi. Club: 27 400 Mi. Club: 36	OPEN GRASS 8:15 am High School 2	3	4	5	OPEN GRASS 8:15 am High School 6	7
WEEKLY GOAL 200 Mi. Club: 20 300 Mi. Club: 30 400 Mi. Club: 40	LIFTING 8:15 am OPEN GRASS 9:15 am High School 9	10	11	12	LIFTING 8:15 am OPEN GRASS 9:15 am High School 13	14
WEEKLY GOAL 200 Mi. Club: 20 300 Mi. Club: 30 400 Mi. Club: 40	LIFTING 8:15 am OPEN GRASS 9:15 am High School 16	17	18	19	LIFTING 8:15 am OPEN GRASS 9:15 am High School 20	21
WEEKLY GOAL 200 Mi. Club: 22 300 Mi. Club: 33 400 Mi. Club: 44	LIFTING 8:15 am OPEN GRASS 9:15 am High School 23	24	25	26	LIFTING 8:15 am OPEN GRASS 9:15 am High School 27	28
29	LIFTING 8:15 am OPEN GRASS 9:15 am High School 30	31	NOTES Check <a href="http://www.oskycrosscountry.com">www.oskycrosscountry.com</a> each week for any announcements When you skip a day of running, your competition is out getting better			

# AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEKLY GOAL 200 Mi. Club: 22 300 Mi. Club: 33 400 Mi. Club: 44			1		LIFTING 8:15 am OPEN GRASS 9:15 am High School	4
5	First Day of Practice 7:00am Edmundson	Practice 7:00am 7	Practice 7:00am 8	Practice 7:00am 9	Practice 7:00am 10	11
12	Practice 7:00am 13	Practice 7:00am 14	Practice 7:00am 15	Practice 7:00am 16	Practice 7:00am 17	18
19	Practice 4:00pm 20	Practice 4:00pm 21	Practice 4:00pm 22	First Day of School Practice 4:00pm	Practice 4:00pm 24	25
26	Practice 4:00pm 27	WILLIAMSBURG INVITE	Practice 4:00pm 29	Practice 4:00pm 30	Practice 4:00pm 31	

**NOTES**

Check [www.oskycrosscountry.com](http://www.oskycrosscountry.com) each week for any announcements  
 When you skip a day of running, your competition is out getting better