

July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Week 7	1 CAPTAINS Practice 7AM @ MHS Track	2 7AM @ MHS Track WR: 9:00AM	3 Cross-Train @ 7:30AM Track Pool Workout @ 8:00AM	4 W.S. Celebration 5K In the AM	5 Run -On-Own	6 <u>AM Long Run @ TBD</u>
7 Week 8	8 CAPTAINS Practice 7AM @ Trails	9 <u>7:00AM</u> @ MHS Track WR: 9:00AM	10 Cross-Train @ 7:30AM Track Pool Workout @ 8:00AM	11 7AM @ Julington-Durbin	12 Captain's Practice 7AM	13 <u>AM Long Run @ TBD</u>
14 Week 9	15 CAPTAINS Practice 7AM @ Trails	16 Run -On-Own	17 Run -On-Own	18 Run -On-Own	19 Captain's Practice 7AM	20 <u>AM Long Run @ TBD</u> ACT TESTING
21 Week 10	22 CAPTAINS Practice 7AM @ Trails	23 <u>7:00AM</u> @ MHS Track WR: 9:00AM	24 Cross-Train @ 7:30AM Track Pool Workout @ 8:00AM	25 7AM @ Julington-Durbin	26 Captain's Practice 7:00AM	27 <u>NO TEAM PRACTICE</u> <u>POST Mileage on Heja</u>
28 Week 11	29 Practice 7AM @ Trails	30 <u>7:00AM</u> @ MHS Track WR: 9:00AM	31 Cross-Train @ 7:30AM Track Pool Workout @ 8:00AM			

First Day of Practice: July 29,

Please check for changes on Team Heja