

July 2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2 Bluffs Regional	3 TOTAL
4	5	6	7	8	9 Aurora Res Run Leave at 7:30	10 TOTAL
11	12	13	14	15	16 Trail Run TBA	17 TOTAL
18	19	20	21	22 Lookout Mtn Leave at 6:30	23 off	24 TOTAL
25	26	27	28 Super Long Run Day	29	30 Rest up day	31 Relay For Life!!!! TOTAL

August 2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 TBA Workouts this week	3	4	5	6	7 Relay Run Sagewood Course TBA TOTAL
8	9 Pre Season Training Camp 3:15 -4:45 Optional Week	10 Pre Season Training Camp 3:15 -4:45 Optional Week	11 Pre Season Training Camp 3:15 -4:45 Optional Week	12 Pre Season Training Camp 3:15 -4:45 Optional Week	13 Rest Day	14 Half Marathon for those who are interested and entered TOTAL
15	16 First Day of Practice All Fees and Forms Due Practices 3:15-4:45	17	18	19	20	21 Legend Titan Clash 5k Pancake Run TOTAL
22	23	24	25	26	27	28 Castlewood Canyon TOTAL
29	30	31				