

# June

2019

## Patriot Cross Country (Level 1)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9	10	11 7pm @ PHS Track OR "Fartlek" choice	12 2Miles Recovery	13 OFF	14 7pm @ Bristoe Stn OR "Fartlek" choice	15 2-3Miles Easy
16 OFF	17 7pm @ Bristoe Stn 4Mile Long Run	18 7pm @ PHS Track OR "Fartlek" choice	19 2-3Miles Recovery	20 OFF	21 7pm @ Bristoe Stn OR "Fartlek" choice	22 2-3Mile Easy
23 OFF	24 7pm @ Bristoe Stn 5Mile Long Run	25 7pm @ PHS Track OR "Fartlek" choice	26 2-3Miles Recovery	27 OFF	28 7pm @ Bristoe Stn OR "Fartlek" choice	29 2-3Miles Easy
30 OFF						