

# June

2019

## Patriot Cross Country (Level 2)

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 AM: 3Miles Recovery PM: 3Miles Recovery	13 OFF	14 AM: 3Miles Easy PM @ Bristoe Stn 7pm OR "Fartlek" choice	15 3Miles Easy
16 OFF	17 7pm @ Bristoe Stn 6Mile Long Run	18 7pm @ PHS Track OR "Fartlek" choice	19 AM: 4Miles Recovery PM: 4Miles Recovery	20 OFF	21 AM: 4Miles Easy PM @ Bristoe Stn 7pm OR "Fartlek" choice	22 4Miles Easy
23 OFF	24 7pm @ Bristoe Stn 7Mile Long Run	25 7pm @ PHS Track OR "Fartlek" choice	26 AM: 5Miles Recovery PM: 5Miles Recovery	27 OFF	28 AM: 5Miles Easy PM @ Bristoe Stn 7pm OR "Fartlek" choice	29 5Miles Easy
30 OFF						