

August

2018

Patriot Cross Country (Level 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 OFF	20 8AM @ Bristoe Station -Workout-	21 8AM @ Grace Life 5Miles @ "Recovery"	22 7PM @ Marstellar Whistle Workout	23 8AM @ Grace Life 5Miles @ "Recovery"	24 8AM @ Bristoe Station 3Miles Pre-Race w/Strides	25 Great Meadow Inv. or 10Mile Long Run
26 OFF	27 3PM @ Bristoe Station	28 3PM @ Grace Life 6Miles @ "Recovery"	29 7PM @ Marstellar Whistle Workout	30 OFF	31 3PM @ PHS 3Miles Pre-Race w/Strides	