

July

2018

Patriot Cross Country (Level 1)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OFF	2 8AM @ Bristoe Station	3 4Miles "Recovery"	4 OFF Happy 4 th of July!	5 4Miles "Recovery"	6 OFF	7 8am @ Henry Hill VC 6Mile "Long Run"
8 OFF	9 8am @ Bristoe Station OR own "Fartlek" choice	10 5Miles "Recovery"	11 7pm @ Marstellar Track OR own "Fartlek" choice	12 5Miles "Recovery"	13 OFF	14 8am @ Henry Hill VC 8Mile "Long Run"
15 OFF	16 8am @ Bristoe Station OR own "Fartlek" choice	17 6Miles "Recovery"	18 7pm @ Marstellar Track OR own "Fartlek" choice	19 6Miles "Recovery"	20 OFF	21 8am @ Henry Hill VC 9Mile "Long Run"
22 OFF	23 8am @ Bristoe Station OR own "Fartlek" choice	24 7Miles "Recovery"	25 7pm @ Marstellar Track OR own "Fartlek" choice	26 7Miles "Recovery"	27 OFF	28 8am @ Henry Hill VC 10Mile "Long Run"
29 OFF	30 8am @ Bristoe Station Tryouts: Day #1	31 8am @ Bristoe Station Tryouts: Day #2				