

# July

# 2018

## Patriot Cross Country (Level 2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OFF	2 8AM @ Bristoe Station	3 4Miles "Recovery"	4 OFF Happy 4 <sup>th</sup> July!	5 4Miles "Recovery"	6 OFF	7 8am @ Henry Hill VC 6Mile "Long Run"
8 OFF	9 8AM @ Bristoe Station & PM: 6Miles "Recovery"	10 5Miles "Recovery"	11 AM: 6Miles "Easy" & 7pm @ Marstellar Track	12 5Miles "Recovery"	13 OFF	14 8am @ Henry Hill VC 8Mile "Long Run"
15 OFF	16 8AM @ Bristoe Station & PM: 7Miles "Recovery"	17 6Miles "Recovery"	18 AM: 7Miles "Easy" & 7pm @ Marstellar Track	19 6Miles "Recovery"	20 OFF	21 8am @ Henry Hill VC 9Mile "Long Run"
22 OFF	23 8AM @ Bristoe Station & PM: 8Miles "Recovery"	24 7Miles "Recovery"	25 AM: 8Miles "Easy" & 7pm @ Marstellar Track	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		Daily Ab "PRO" App... Mon: #1 - 8min Wed: #2 - 5min Fri: #3 - 10min		