

# June

2018

## Patriot Cross Country

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