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| October |  |
|  | 2020 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  | **Berean Academy**  **Invitational**  (Harvey Lake) | ½ mile warm up  8 X hill running  ½ mile cool down | rest |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | 1/2 mile warm up  12 x 400  1/2 mile cool down | **MMS cc meet**  4 miles distance  (after meet is over) | ½ mile warm up  5 x 1000  ½ mile cool down | 4 miles distance  Core work | 3 miles (pre-meet pace) | **Trinity Academy**  **Invitational**  (Wichita Trinity HS) |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | 1/2 mile warm up  10 x 400  1/2 mile cool down | 5 miles distance  Core work | 3 miles (pre-meet pace) | **AVCTL Meet**  **(TBD)** | 4 miles distance | rest |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | 1/2 mile warm up  8 x 400  1/2 mile cool down | 5 miles distance  Core work | ½ mile warm up  8 x hills  ½ mile cool down | 4 miles distance | 3 miles (pre-meet pace) | **Regional Cross Country**  (TBA) |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|  | 1/2 mile warm up  6 x 400  1/2 mile cool down | 4 miles distance | ½ mile warm up  3 x 1000  ½ mile cool down | 3 miles distance | State pre-meet | **State Cross Country**  (Wamego Country Club) |
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