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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 up8 X hill running½ 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 up5 x 1000½ mile cool down | 4 miles distanceCore 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 distanceCore work | ½ mile warm up8 x hills½ 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 up3 x 1000 ½ mile cool down | 3 miles distance  | State pre-meet | **State Cross Country**(Wamego Country Club) |
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