

August

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Tryouts 4:00-5:15	12 Tryouts 4:00-5:15	13 Tryouts 4:00-5:15	14 Tryouts 4:00-5:15	15 Rest Day! Stretch and Hydrate	16 Hard run @ home: 3 mi or 25 minutes
17 Hard run @ home: 3 mi or 25 minutes	18 Practice 4:00-5:15	19 Practice 4:00-5:15	20 Rest Day! Stretch and Hydrate	21 Practice 4:00-5:15	22 Practice 4:00-5:15	23 Hard run @ home: 3 mi or 25 minutes
24 Hard run @ home: 3 mi or 25 minutes	25 Practice 4:00-5:15	26 Rest Day! Stretch and Hydrate	27 Apalachee Regional Park (ARP) Meet @ 5:15pm	28 Practice 4:00-5:15	29 Practice 4:00-5:15	30 Hard run @ home: 3 mi or 25 minutes
31 Hard run @ home: 3 mi or 25 minutes						