

December 2014

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		1		2		3		4		5		6	
		3-6 miles		3-6 miles		3-6 miles		3-6 miles		3-6 miles		3-6 miles	
7	23 Weeks to State	8		9		10		11		12		13	
		A-3 to 4 miles		A-3 to 4 miles		A-4 to 5 miles		A-3 to 4 miles		A-5 to 6 miles		A-4 miles	
Optional 4-7 miles		B-4 to 5 miles		B-4 to 5 miles		B-5 to 6 miles		B-4 to 5 miles		B-6 to 7 miles		B-5 miles	
		C-5 to 6 miles		C-4 to 5 miles		C-6 to 7 miles		C-4 to 5 miles		C-7 th 8 miles		C-6 miles	
14	22 Weeks to State	15		16		17		18		19		20	
		A-4 to 6 miles		A-3 to 4 miles		A-4 to 5 miles		A-3 to 4 miles		A-6 to 7 miles		A-3 to 4 miles	
Optinal 4-7 miles		B-6 to 7 miles		B-5 miles		B-5 to 6 miles		B-5 miles		B-7 to 8 miles		B-5 to 6 miles	
		C-7 to 8 miles		C-6 miles		C-6 to 7 miles		C-6miles		C-9 to 10 miles		C-6 to 7 miles	
21	21 Weeks to State	22		23		24		25		26		27	
		A-4 to 5 miles		A-3 to 4 miles		A-5 to 6 miles		A-3 to 4 miles		A-6 to 7 miles		A-4 to 5 miles	
Optional 4-7 miles		B-6 to 7 miles		B-5 miles		B-6 to 7 miles		B-5 miles		B-8 to 9 miles		B-5 to 6 miles	
		C-8 to 9 miles		C-6 miles		C-7 to 8 miles		C-6 miles		C-10 to 11 miles		C-7 to 8 miles	
28	20 Weeks to State	29		30		31			1/1/2014		1/2/2014		1/3/2014
		A-5 to 6 miles		A-4 miles		A-5 to 6 miles		A-4 miles		A-7 to 8 miles		A-4 to 5 miles	
Optional 4-7 miles		B-7 to 8 miles		B-5 miles		B-6 to 7 miles		B-5 miles		B-9 to10 miles		B-5 to 6 miles	
		C-9 to 10 miles		C-7 miles		C-7 to 8 miles		C-7 miles		C-10 to 12 miles		C-6 to 7 miles	
	1/4/2014		1/5/2014	Important Reminders									
Optional 4-7 miles		3:10 Practice MVHS											