Mountain Vista High School Distance Training

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 | 3-6 miles |
| | 22 Weeks to | | | | | | | | | | | | |
| 7 | 23 Weeks to State | 8 | | 9 | | 10 | | 11 | | 12 | | 13 | |
| | | Α | -3 to 4 miles | A- | -3 to 4 miles | A | 4 to 5 miles | A- | -3 to 4 miles | Α | -5 to 6 miles | 1 | 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 | |
| | | С | -5 to 6 miles | C- | -4 to 5 miles | С | -6 to 7 miles | C- | -4 to 5 miles | С | -7 th 8 miles | (| C-6 miles |
| 14 | 22 Weeks to State | 15 | MVHS 3:10 | 16 | MVHS 12:30 | 17 | MVHS 12:30 | 18 | MVHS 12:30 | 19 | Caroline Smetanka's 5:00 | 20 | Long run on your own or w/ a teammate |
| | | Α | -4 to 6 miles | A- | -3 to 4 miles | A | 4 to 5 miles | | A-4 miles | Ugly | Christmas Sewea | A-5 | to 6 miles |
| Optinal 4-7 miles | | B-6 to 7 miles | | B-5 miles | | B-5 to 6 miles | | B-6miles | | Rum | | B-7 to 8 miles | |
| | | С | -7 to 8 miles | | C-6 miles | C | -6 to 7 miles | | C-7miles | | 4 to 5 miles | C-9 | to 10 miles |
| 21 | 21 Weeks to State | 22 | MVHS Track 9:00 a.m. | 23 | Rocky Heights MS 9:00 a.m. | 24 | Run on your own or call a teamamte | 25 | Run on your own or call a teammate | 26 | Run on your own or call a teammate | 27 | run on your own or call a teammate |
| | | Α | -4 to 5 miles | A- | -3 to 4 miles | A | -5 to 6 miles | A- | -3 to 4 miles | Α | -6 to 7 miles | A-4 | to 5 miles |
| Optional 4-7 miles | | | | B-5 miles | | B-6 to 7 miles | | B-5 miles | | B-8 to 9 miles | | B-5 to 6 miles | |
| | | С | -8 to 9 miles | | C-6 miles | С | 7 to 8 miles | | C-6 miles | C-1 | 10 to 11 miles | C-7 | 7 to 8 miles |
| 28 | 20 Weeks to State | 29 | MVHS 9:00 a.m. | 30 | Run on your own or with a teammate | 31 | MVHS 9 :00 a.m. | | 1/1/2014-Run on your own or with a teammate | | 1/2/2014- Redsteon Park 9: 00 a.m. | | 1/3/2014- Run on your own or with a teammate |
| | | Α | -5 to 6 miles | | A-4 miles | A | -5 to 6 miles | | A-4 miles | Α | -7 to 8 miles | | to 5 miles |
| Optio | nal 4-7 miles | | -7 to 8 miles | | B-5 miles | _ | -6 to 7 miles | | B-5 miles | | 9 to10 miles | | 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 Reminde | | | ers | | | | | | | |
| Optional 4-7 miles 3:10 Practice MVHS | | | | | | | | | | | | | |

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