

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
August	30	September	1	September	2	September	3	September	4	September	5	September	6
NO PRACTICE		NO SCHOOL-NO PRACTICE		Hills:Cross Country -6 Little Warriors-4 Behind New's Trailer		Both CC and LW Half Timed Mile around Soccer Field. Practice @ New Gym		Elbow Tag set in pairs Freeze Tag @Soccer Field		Cross Country Team: 8 Fly-Ins Little Warriors: 4 Flyins @Soccer Field		NO PRACTICE	
September	7	September	8	September	9	September	10	September	11	September	12	September	13
NO PRACTICE		Cross Country Team:4 Quarter Spint Tics Little Warriors: 2 Tics		Cross Country Team: Timed Mile Run Little Warriors: Timed Half Mile Run		NO PRACTICE		Zombie Tag Water Ballons. Cross Country verses little warriors. @Soccer		Cross Country Team run to Isaac Walton and back on trail. -No Little Warriors		NO PRACTICE	
September	14	September	15	September	16	September	17	September	18	September	19	September	20
NO PRACTICE		Cross Country Team: Mile and Half Jog. Little Warriors: 4 Tic Tocs @soccer field		Run 6 hills practice <b>Little Warriors XC Meet verse Little Govs @5</b>		Both CC and LW Timed Mile around Soccer Field. Practice @ New Gym		ZOMBIE TAG!! Coaches against all runners.		NO PRACTICE		NO PRACTICE	
September	21	September	22	September	23	September	24	September	25	September	26	September	27
NO PRACTICE		Cross Country Team: 1/2 Mile Jog and prep Little Warriors: Mile Jog on path		Cross Country Team: Half Mile Warm Up- 4 Sprint Tics Little Warriors: Run 1 mile		Cross Country Team: 6 Fly-Ins Little Warriors: 6 Fly- Ins		Cross Country Team Zesto Run with Checkmarks -Little Warriors NO Practice		NO PRACTICE		NO PRACTICE-	