

# July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Independence Day	5	6	7	8
9	10	11	12 Cass Benton 8-10 a.m. 40 Minute run & 4 Hill repeats (Vets)	13 Recover Day (on own) 40 minute Easy Run with Stretching	14 Mercy 8-10 a.m Meet at Track 30 minute easy run followed by weights	15 On Own—50 minute long run
16 Recovery day	17 On own 50 minute easy run with body weight workout	18 Mercy 8-10 a.m. Repeat 800s with 4 minute rest	19 On Own 30 minute easy run & core/weight workout	20 Cass Benton 8-10 a.m 30 minute run & Hill repeats	21 Mayberry Park 8:00-9:30 a.m. 40 minute recovery Run & Body weights workout	22 On Own—50 minute long run
23 Recovery day	24 On Own 8:00-10 a.m. 30 minute recovery Run followed by weights	25 Mercy 800 Warm-up 20 Minute Fartlek (3 minutes @75% pace, 2 minute recovery) 800 cool down	26 Cass Benton 8-10 a.m 30 minute run & Hill repeats	27 On own Easy 30 minute run followed by stretching	28 Mercy 8:00-10 a.m. 30 minute recovery Run followed by weights	29 On Own—50 minute long run
30 Recovery day	31 On own 50 minute easy run with body weight training					

# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Mercy Track 8-10 a.m. Speed workout	<b>2</b> On Own 40 minute easy run & body weight regime	<b>3</b> Cass Benton 8-10 a.m 40 minute run & Hill repeats	<b>4</b> Mercy Track <b>8:00-10 a.m.</b> 30 minute recovery Run followed by weights	<b>5</b> On Own—50 minute long run
<b>6</b> Recovery day	<b>7</b> Mandatory Practice Heritage Park 3-5 p.m.	<b>8</b> Mandatory Practice Mercy Track 8-10 a.m.	<b>9</b> Mandatory Practice Heritage Park 8-10 a.m.	<b>10</b> Mandatory Practice Mercy Track (weights) <b>8-10 a.m.</b>	<b>11</b> Mandatory Practice Heritage Park 8-10 a.m.	<b>12</b> On Own—50 minute long run
<b>13</b>	<b>14</b> Mandatory Practice Oakland Community College 3:30-5:30 p.m.	<b>15</b> Mandatory Practice Mercy Track (weights) 3:15 p.m.-5 p.m.	<b>16</b> Mandatory Practice Heritage Park 4-6 p.m.	<b>17</b> Mandatory Practice Mercy Track 3:15-5:00 p.m.	<b>18</b> <a href="#">Lamplighter Invite 6:30 p.m. @Ford Field Livonia Mi</a>	<b>19</b>
<b>20</b>	<b>21</b> Mandatory Practice 3-5 p.m. Mercy Track	<b>22</b> Mandatory Practice 3-5 p.m. Mercy Track	<b>23</b> First Day of <b>School!</b> Mandatory Practice 3-5 p.m. Mercy Track	<b>24</b> Mandatory Practice 3-5 p.m. Mercy Track	<b>25</b> Mandatory Practice 3-5 p.m. Mercy Track	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> <a href="#">Mustang Invite Cass Benton</a>	<b>30</b>	<b>31</b> <a href="#">Milford Invite Kensington Metro Park</a>		

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Columbus Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Halloween				

# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11 Veterans Day
12	13	14	15	16	17	18
19	20	21	22	23 Thanksgiving Day	24	25
26	27	28	29	30		

