

June

2016

Summer Conditioning

STVM XC

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

21

7 pm Conditioning at
Firestone Metro Park

20

7 pm Conditioning at
Firestone Metro Park

21

7 pm Conditioning at
Firestone Metro Park

22

7 pm Conditioning at
Firestone Metro Park

23

7 pm Conditioning at
Firestone Metro Park

24

9 am Conditioning at
Kendall Lake CVNP

25

26

7 pm Conditioning at
Firestone Metro Park

27

7 pm Conditioning at
Firestone Metro Park

28

7 pm Conditioning at
Firestone Metro Park

29

7 pm Conditioning at
Firestone Metro Park

30

July

2016

Summer Conditioning Schedule

STVM XC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 2
					6:30 pm McCormick Stage I at Goodyear Metro Park	9 am Conditioning at Firestone Metro Park
	3	4	5	6	7	8 9
6:30 pm McCormick Stage I at Goodyear Metro Park	donut run at Firestone	7 pm Conditioning at Firestone Metro Park	7 pm Conditioning at Firestone Metro Park	7 pm Conditioning at Firestone Metro Park	6:30 pm McCormick Stage II/conditioning at Goodyear Metro Park	9 am long run location TBA
	10	11	12	13	14	15 16
6:30 pm McCormick Stage II/conditioning at Goodyear Metro Park	7 pm Conditioning at Firestone	7 pm Conditioning at Firestone	7 pm Conditioning at Firestone	7 pm Conditioning at Firestone	XC Camp	XC Camp
	17	18	19	20	21	22 23
XC Camp	7 pm Conditioning at Goodyear Metro Park	7 pm Conditioning at Goodyear Metro Park	7 pm Conditioning at Goodyear Metro Park	7 pm Conditioning at Goodyear Metro Park	6:30 pm McCormick Stage III(Goodyear)	9 am long run location TBA
	24	25	26	27	28	29 30
6:30 pm McCormick Stage III at Goodyear	7 pm Conditioning at Goodyear Metro Park	7 pm Conditioning at Goodyear Metro Park	7 pm Conditioning at Goodyear Metro Park	7 pm Conditioning at Goodyear Metro Park	3 pm conditioning at Goodyear	9 am long run location TBA
31 Independent run 60 minutes						

August

2016

Summer Practice Schedule

STVM XC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Mandatory practices 7 pm Practice at Goodyear Metro Park	2 7 pm Practice at Goodyear Metro Park	3 7 pm Practice at Goodyear Metro Park	4 7 pm Practice at Goodyear Metro Park	5 7 pm Practice at Goodyear Metro Park	6 9 am Matt Kauffman 5K Time trial all runners
7 7 pm Practice at Goodyear Metro Park	8 7 pm Practice at Goodyear Metro Park	9 7 pm Practice at Goodyear Metro Park	10 7 pm Practice at Goodyear Metro Park	11 7 pm Practice at Goodyear Metro Park	12 7 pm Practice at Goodyear Metro Park	13 9am Ledges in CVNP Team/Family Pancakes
14 7 pm Practice at Goodyear Metro Park	15 7 pm Practice at Goodyear Metro Park	16 7 pm Practice at Goodyear Metro Park	17 7 pm Practice at Goodyear Metro Park	18 7 pm practice at Goodyear Metro Park	19 7 pm practice at Goodyear Metro Park	20 Moose On the Loose @ Malone
21 7 pm Practice at Goodyear Metro Park	22 7 pm Practice at Goodyear Metro Park	23 7 pm Practice at Goodyear Metro Park	24 3:30 pm Practice at Goodyear Metro Park	25 3:15 PM Practice at School	26 3:15 PM Practice at School	27 GlenOak Golden Eagle
28 3:30 pm Practice at Goodyear Metro Park	29 3:30 pm Practice at Goodyear Metro Park	30 3:30 pm Practice at Goodyear Metro Park	31 3:30 pm Practice at Goodyear Metro Park	1 3:30 pm Practice at Goodyear Metro Park	2 3:15 pm Practice at School	3 Avon Lake Invite