

# June 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 <b>Club Orientation</b> 10:00am-11:00am Student Center	18	19	20
21	22 <b>Summer Training Begins</b>  Tempo Run: 30 minutes	23 Intervals: 10x400	24 Easy Run: 30 minutes	25 Fartlek: 30 minutes	26 Easy Run: 30 minutes	27 Long Run: 60 minutes
28 Rest	29 Tempo Run: 30 minutes	30 Intervals: 5x1000				

# July 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Easy Run: 30 minutes	2 Fartlek: 30 minutes	3 Easy Run: 30 minutes	4 Long Run: 65 minutes
5 Rest	6 Tempo Run: 35 minutes	7 Intervals: 6x600	8 Easy Run: 30 minutes	9 Fartlek: 30 minutes	10 Easy Run: 30 minutes	11 Long Run: 70 minutes
12 Rest	13 Tempo Run: 35 minutes	14 <b>Club Orientation</b> 10:00am-11:00am Student Center Intervals: 10x400	15 Easy Run: 30 minutes	16 Fartlek: 30 minutes	17 Easy Run: 30 minutes	18 Road Race
19 Rest	20 Tempo Run: 40 minutes	21 Intervals: 5x1000	22 Easy Run: 30 minutes	23 Fartlek: 30 minutes	24 Easy Run: 30 minutes	25 Long Run: 75 minutes
26 Rest	27 Tempo Run: 40 minutes	28 Intervals: 8x600	29 Easy Run: 30 minutes	30 Fartlek: 30 minutes	31 Easy Run: 30 minutes	

# August 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Long Run: 80 minutes
2 Rest	3 Tempo Run: 45 minutes	4 Intervals: 10x400	5 Easy Run: 30 minutes	6 Fartlek: 30 minutes	7 Easy Run: 30 minutes	8 Road Race
9 Rest	10 Tempo Run: 45 minutes	11 Intervals: 5x1000	12 Easy Run: 30 minutes	13 <b>Club Orientation</b> 10:00am-11:00am Student Center Fartlek: 30 minutes	14 Easy Run: 30 minutes	15 Long Run: 85 minutes
16 Rest	17 Tempo Run: 45 minutes	18 Intervals: 10x600	19 Easy Run: 30 minutes	20 Fartlek: 30 minutes	21 Easy Run: 30 minutes	22 Long Run: 90 minutes
23 Rest	24 <b>Classes Begin</b> XC Practice 5:00-6:30	25 XC Practice 5:00-6:30	26	27 XC Practice 5:00-6:30	28	29
30 Rest	31 XC Practice 5:00-6:30					

# September 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 XC Practice 5:00-6:30	2	3 XC Practice 5:00-6:30	4	5 <b>Mustang Gallop</b> 10:00am Mount Mercy College 4k Women & 5k Men
6 Rest	7 <b>College Closed Labor Day</b>	8 XC Practice 5:00-6:30	9	10 XC Practice 5:00-6:30	11	12 <b>Les Dukes Int'l</b> 10:00 am Grinnell 6k Women & 8k Men
13 Rest	14 XC Practice 5:00-6:30	15 XC Practice 5:00-6:30	16	17 XC Practice 5:00-6:30	18	19 <b>Scarecrow Scamper</b> 8:30 am Hawkeye CC 4 mi Women & Men
20 Rest	21 XC Practice 5:00-6:30	22 XC Practice 5:00-6:30	23	24 XC Practice 5:00-6:30	25	26
27 Rest	28 XC Practice 5:00-6:30	29 XC Practice 5:00-6:30	30			

# October 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 XC Practice 5:00-6:30	2	3
4 Rest	5 XC Practice 5:00-6:30	6 XC Practice 5:00-6:30	7	8 XC Practice 5:00-6:30	9	10 <b>Dan Houston Invite</b> 10:00 am Wartburg College 6k Women & 8k men
11 Rest	12 XC Practice 5:00-6:30	13 XC Practice 5:00-6:30	14	15 XC Practice 5:00-6:30	16 <b>No Classes Today</b>	17 <b>Jim Drew Invite</b> 10:00 am UW-Lacrosse, WI
18 Rest	19 <b>End of the Season Awards Party</b> 5:00-6:30	20	21	22	23	24
25	26	27	28	29	30	31