

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	<i>If you haven't</i>	<i>been running,</i>	<i>be sure to jog</i>	<i>or run a few days</i>	<i>this week.</i>	
6	7	8	9	10	11	12
No Practice	Practice @ MMS (Front of Building) Parent Meeting 7:45-9:30am 2 Mile Run	Practice @ MMS Rear of Building 8:00-9:30am ½ mi. Intervals	Practice @ MMS Rear of Building 8:00-9:30am 20 Minute Run	Practice @ MMS Rear of Building 8:00-9:30am Game Day	KMC Sage City Sprint Triathlon ***Not a MMS Event***	
13	14	15	16	17	18	19
Teacher Day Practice @ MMS 3:30 – 5:00pm 2 Miles.	Teacher Day Practice @ MMS 3:30 – 5:00pm Hills	<i>1st Day of School</i> Practice @ MMS 3:30 – 5:00pm 22 Minute Run	Practice @ MMS 3:30 – 5:00pm Uniform Handout Game Day	No Practice	@ Clinton Inv Depart: 7:30am Start: 9:00am	
20	21	22	23	24	25	26
Practice @ MMS 3:30 – 5:00pm Distance Run	Practice @ MMS 3:30 – 5:00pm Ladder Run	Practice @ MMS 3:30 – 5:00pm 24 Minute Run	Practice @ MMS 3:30 – 5:00pm Game Day	No Practice	@ Champaign Invite Depart: 7:30am Start: 9:00am	
27	28	29	30	31		
Practice @ MMS 3:30 – 5:00pm Distance Run	@ Lodge Depart: 3:15pm Start: 4:30pm	Practice @ MMS 3:30 – 5:00pm Speed Work	No Practice			

Practice Plan Subject to Change

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 @ Chrisman Inv Depart: 2:15pm Arrive: 4:00pm	2 No Practice
3	4 LABOR DAY No Practice	5 Practice @ MMS 3:30 – 5:00pm Team of 3 Sprints	6 Practice @ MMS 3:30 – 5:00pm Plyo	7 Practice @ MMS 3:30 – 5:00pm Track and Back and Back	8 No Practice	9 @ Shelbyville Inv Depart: 6:30am Start: 8:30am
10	11 Practice @ MMS 3:30 – 5:00pm 20 min run + Plyo	12 Practice @ MMS 3:30 – 5:00pm ½ mi repeats	13 School Early Out No Practice Game Day	14 Practice @ MMS 3:30 – 5:00pm 24 Minute Run	15 No Practice	16 @ Mahomet Inv Depart: 7:15am Start: 9:00am
17	18 Practice @ MMS 3:30 – 5:00pm Ladder Run	19 Practice @ MMS 3:30 – 5:00pm Distance Day	20 Practice @ MMS 3:30 – 5:00pm Game Day	21 @ Lodge Depart: 2:45pm Start: 4:00pm	22 No Practice	23 @ Olympia Inv Depart: 6:45am Start: 9:00am
24	25 Practice @ MMS 3:30 – 5:00pm Speed Work	26 Practice @ MMS 3:30 – 5:00pm Intervals	27 Practice @ MMS 3:30 – 5:30pm Library Run! Post Run Ice Cream!	28 Practice @ MMS 3:30 – 5:00pm 1 mi warmup 4x400 1 mi cooldown	29 No Practice	30 Monticello Inv Arrive: 7:45am Start: 9:00am

Practice Plan Subject to Change

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice @ MMS 3:30 – 5:00pm 1 mi warmup 4x400 1 mi cooldown	3 @ PBL Depart: 2:45pm Start: 4:15pm	4 Practice @ MMS 3:30 – 5:00pm 1 mi warmup 3x400 1 mi cooldown Pasta Dinner 6:00 – 7:30pm	5 Practice @ MMS 3:30 – 5:00pm 1 mi warmup 2x400 1 mi cooldown	6 No Practice Warmup, Jog, Cooldown	7 @ Sectional (Varsity Only) Depart: ? Start: 10:00am
8	9 Columbus Day – No School Practice @ MMS 3:30 – 5:00pm 2 x 400, 2 x 800 Jog 1 mile	10 Practice @ MMS 3:30 – 5:00pm 3 miles tempo 4x build ups	11 Practice @ MMS 3:30 – 5:00pm 3 Miles	12 Practice @ MMS 3:30 – 4:30pm Extended Warm/Cool 2 Miles	13 Practice @ MMS 3:30 – 4:30pm Extended Warm/Cool 1 Mile	14 State @ Normal Maxwell Park (Varsity Only) Depart: ? Start: ?

Practice Plan Subject to Change

Sectional Entry will be based on practice effort, runner history, academic eligibility, and times from Unity, Olympia, Monticello, and PBL.

Starting October 4, all practices are for varsity runners or those who promise to work hard. All other students will have completed their season on Tuesday, October 4 at Paxton-Buckley-Loda.