

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			May 29 OFF or 2-3 mile run Stretch	May 30 2-3 mile run	May 31 Off	June 1 2-3 mile run Stretch 6-9 miles for week
2 2-3 mile run Stretch	3 OFF	4 2-3 mile run Stretch	5 2-3 mile run Stretch	6 OFF or 2-3 mile run Stretch	7 3-4 mile run Stretch	8 2-3 mile run Stretch 11-19 miles for week
9 2-3 mile run Stretch	10 OFF or 3-4 mile run Stretch	11 2-3 mile run Stretch	12 OFF	13 <u>Conditioning Begins!!!</u> 7:00-8:45 a.m. Fort Liberty 3-4 mile run (6 x 100 m strides)	14 OFF or 3-4 mile run Stretch	15 7:00-8:45 a.m. Voice of America 3-4 mile run (6 x 100 m strides) 11-21 miles for week
16 2-3 mile run Stretch	17 OFF or 3-4 mile run Stretch	18 7:00-8:45 a.m. Keehner Park Hard/Easy Run 4-5 miles total	19 Optional Lifting- East Weight Room 8:30-9:30 a.m. OFF or 3-4 mile run Stretch	20 7:00-8:45 a.m. Fort Liberty Playland Long Run 4-6 mile run (4 x 100 m strides)	21 OFF or 3-4 mile run Stretch	22 7:00-8:45 a.m. Voice of America 3-4 mile run (6 x 100 m strides) 13-31 miles for week
23 3-4 mile run 4 x 100 m strides	24 OFF or 3-4 mile run	25 7:00-8:45 a.m. Keehner Park Hard/Easy Run 4-6 miles total	26 Optional Lifting- East Weight Room 8:30-9:30 a.m. 3-5 mile run	27 7:00-8:45 a.m. Fort Liberty Playland Long Run 4-6 mile run (4 x 100 m strides)	28 OFF	29 7:00-8:45 a.m. Voice of America Tempo Run 5-6 miles total 19-31 miles for week

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 30 3-4 mile run 4x100 m strides	1 3-5 mile run	2 7:00-8:45 a.m. Keehner Park Hard/Easy Run 4-6 miles total	3 Optional Lifting- East Weight Room 8:30-9:30 a.m. OFF	4 7:00-8:45 a.m. Fort Liberty Playland Long Run 4-6 mile run (4 x 100 m strides)	5 OFF or 3-4 mile run 4x100 m strides	6 7:00-8:45 a.m. Fort Liberty Playland 3-5 mile run (6 x 100 m strides) 19-33 miles for week
7 3-4 mile run 4 x 100 m strides	8 OFF	9 7:00-8:45 a.m. Keehner Park Hard/Easy Run 4-6 miles total	10 Optional Lifting- East Weight Room 8:30-9:30 a.m. 3-4 mile run 4x100 m strides	11 7:00-8:45 a.m. Fort Liberty Playland Long Run 4-6 mile run (4 x 100 m strides)	12 OFF or 3-4 mile run 4x100 m strides	13 7:00-8:45 a.m. Voice of America 3-5 mile run (6 x 100 m strides) 21-30 miles for week
14 3-4 mile run 4 x 100 m strides	15 4-5 mile run	16 7:00-8:45 a.m. Keehner Park Hard/Easy Run 4-7 miles total	17 Optional Lifting- East Weight Room 8:30-9:30 a.m.	18 7:00-8:45 a.m. Fort Liberty Playland Long Run 4-6 mile run (4 x 100 m strides)	19 OFF or 3-4 mile run 4x100 m strides	20 7:00-8:45 a.m. Fort Liberty 20-37 miles for week
21 OFF	22 7:00-8:45 a.m. Voice of America Tempo run	23 7:00-8:45 a.m. Fort Liberty	24 7:00-8:45 a.m. Keehner Park Hard/Easy Run 4-7 miles total	25 7:00-8:45 a.m. Fort Liberty Playland	26 7:00-8:45 a.m. Voice of America	27 3-4 mile run 4x100 m strides or OFF 21-33 miles for week

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 28 NO PRACTICE	July 29 3:45-5:30 p.m. Voice of America	July 30 3:45-5:30 p.m. Fort Liberty	July 31 3:45-5:30 p.m. Keehner Park	1 <u>First Official Practice</u> Fort Liberty 3:45-5:30 p.m.	2 Voice of America 3:45-5:30 p.m.	3 Voice of America 9:00-10:45 a.m. 5k Time Trial (Bring Spikes)
4 NO PRACTICE	5 <u>Meet the Team Night 6:00 PM @East</u> Voice of America 3:45-5:00 p.m.	6 Fort Liberty 3:45-5:30 p.m.	7 Keehner Park 3:45-5:30 p.m.	8 Fort Liberty 3:45-5:30 p.m.	9 Fort Liberty 3:45-5:30 p.m.	10 Keehner Park 9:00-10:45 a.m. Broken 3-mile (Bring Spikes)
11 NO PRACTICE	12 Voice of America 3:45-5:30 p.m.	13 <u>Picture Day Pictures/Practice @ Lakota East Gym/Track</u> 8:15 – 11:30 a.m.	14 Keehner Park 3:45-5:30 p.m.	15 Fort Liberty 3:45-5:30 p.m.	16 Voice of America 3:45-5:30 p.m.	17 <u>OHSAA Pre-Season Invitational</u> Fortress Obetz; Top 10 Girls, Top 10 Boys Only No Official Practice
18 NO PRACTICE	19 Voice of America 3:45-5:30 p.m.	20 Fort Liberty 3:45-5:30 p.m.	21 Keehner Park 3:45-5:30 p.m.	22 Fort Liberty 3:45-5:30 p.m.	23 Voice of America 3:45-5:30 p.m.	24 <u>Lakota East Fall Classic</u> Voice of America 9:00 a.m.