

Schedule A: Lily, Emerson (Can do their Wed workout on Sunday), Juliet, Emma, Abbie,

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
June 9-15	3 miles	4 miles	3 miles	4-5 miles	3 miles	5 miles	26 miles
June 16-22	4 miles	5 miles, 6 miles	4 miles	5 miles, 6 miles	4 miles	6 miles, 7 miles	28 miles
June 23-29	4 miles	6 miles, 7 miles	4 miles,	6 miles, 7 miles	4 miles	7 miles, 8 miles	31 miles
June 30-July 6	4 miles	6 miles, 7 miles	5 miles	6 miles, 7 miles	4 miles	8 miles, 9 miles	33 miles
July 7-13	5 miles	6 miles	5 miles	6 miles	4 miles	9 miles, 10 miles	35 miles
July 14-20	5 miles	7 miles,	5 miles	6 miles, 8 miles	4 miles	10 miles	37 miles
July 21-27	5 miles	6 miles	5 miles	7 miles, OFF	4 miles JSL Swim meet	8 miles	35 miles
July 28-Aug 3	4 miles, 8 miles	6 miles	4 miles	CAMP	CAMP	CAMP	CAMP

Schedule B: Carter, SJ, Sarina, Logan, Lauren, Sophia, Cameron, Finleigh, Hadley, Zoey D. Paige, Anja Lehmensiek, Lark

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
June 9-15	3 miles	4 miles	3 miles	4 miles	3 miles	5 miles	22
June 16-22	3 miles	5 miles	3 miles	5 miles	3 miles	6 miles	25
June 23-29	4 miles	5 miles	3 miles,	5 miles	3 miles	6 miles	26 miles
June 30-July 6	4 miles	6 miles	3 miles	6 miles	3 miles	7 miles	29 miles
July 7-13	5 miles	6 miles	3 miles	6 miles	3 miles	7 miles	30 miles
July 14-20	4 miles	6 miles	4 miles	6 miles	4 miles	8 miles	32 miles
July 21-27	4 miles	7 miles	4 miles	4 miles	4 miles	7miles	30 miles
July 28- Aug 3	4 miles	7 miles	3 miles	7 miles	4 miles	8 miles	33 miles

Schedule C: (Girls that ran Track this year, but either did not run XC or were often injured / aching): Olivia, Kinley, Willa, Daisy, Hannah, Anja Lefleur, Peyton, Sofia Montini, Maddie Fritts (Sofia & Madie should take off on Wednesdays to keep their mileage lower).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
June 9-15	2 miles	3 miles	3 miles	4 miles	3 miles	4 miles	19 miles
June 16-22	3 miles	5 miles	3 miles	4 miles	3 miles	4 miles	22 miles
June 23-29	3 miles	5 miles	3 miles,	4 miles,	3 miles	5 miles	25 miles
June 30-July 6	3 miles	5 miles	4 miles	4 miles	3 miles	6 miles	25 miles
July 7-13	3 miles	5 miles	4 miles	5 miles	3 miles	6 miles	26 miles
July 14-20	3 miles	5 miles	4 miles	6 miles	3 miles	6 miles	27 miles
July 21-27	3 miles	6 miles	3 miles	4 miles	3 miles	6 miles	25 miles
July 28-Aug 3	3 miles	6 miles	3 miles	6 miles	3 miles	7 miles	28 miles

Schedule D: Newbies: Lulu, Ruby Carlson, Ada Jane Davis, Anneliese

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
June 9-15		2 miles		2 miles		3 miles	7 miles
June 16-22		3 miles		3 miles		3 miles	9 miles
June 23-29		4 miles		3 miles,		4 miles	11 miles
June 30-July 6	3 miles	4 miles		3 miles		5 miles	15 miles
July 7-13	3 miles	4 miles		4 miles		5 miles	16 miles
July 14-20	3 miles	5 miles		5 miles		6 miles	19 miles
July 21-27	3 miles	5 miles		5 miles		6 miles	19 miles
July 28-Aug 3	3 miles	6 miles		5 miles		6 miles	20 miles