



OPENING DAY

Tuesday, December 3rd

Coaches

Coach Ozeni: ozenig@lmsd.org

Coach Monaghan: monaghka@lmsd.org

Practice

We would like every athlete dressed to run and wearing good Running Shoes! A light snack and lots of water should always be packed. We run in ALL types of Weather so dress appropriately.

Make it a family Event

It is always good to get out and Jog. Encourage your athletes to continue their training on the weekends. Running is a great family activity!

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 1	2	3 1st Practice	4	5 Practice	6	7
Week 2 8	9	10 Practice	11	12 Practice	13	14
Week 3 15	16	17 Practice	18	19 Practice	20	21
Week 4 Run 4 times over break 22	23 Winter Break	24 Winter Break	25 Winter Break	26 Winter Break	27 Winter Break	28
29	30	31				



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 their training on the weekends.
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January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5 ²⁹	Winter Break ³⁰	Winter Break ³¹	Winter Break ¹	Practice ²	³	⁴
Week 6 ⁵	⁶	Practice ⁷	⁸	Practice ⁹	¹⁰	¹¹
Week 7 ¹²	¹³	Practice ¹⁴	¹⁵	Practice ¹⁶	¹⁷	¹⁸
Week 8 ¹⁹	²⁰	Practice ²¹	²²	Practice ²³	²⁴	²⁵
Week 9 ²⁶	²⁷	Practice ²⁸	²⁹	Practice ³⁰	³¹	Feb 1



February 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					31	1
Week 10 2	3	Practice 4	5	Practice 6	7	8
Week 11 9	10	Practice 11	12	Practice 13	14	15
Week 12 16	17	Practice 18	19	Practice 20	21	22
Week 13 23	24	Practice 25	26	Practice 27	28	29
March 1 Week 14	2	3 Practice	4	5 Last Practice	6	7