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| June  |  |
| MGM Cross Country Summer Running ScheduleGoal is 100 miles for the Summer. | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  | Run 30 min50 push ups50 sit ups | Run 30 min50 push ups50 sit ups | Run 30 min50 push ups50 sit ups | Run 30 min50 push ups50 sit ups | Run 30 min50 push ups50 sit ups | Run 30 min50 push ups50 sit ups |
| 9 |  10 | 11 | 12 | 13 | 14 | 15 |
| Take off | Run 30 min50 push ups50 sit ups | Practice at SemmesMiddle. Meet in the Gym6 pm – 7:15 pm | Run 30 min50 push ups50 sit ups | Practice at SMS6 pm -7:15 pm | Run 30 min50 push ups50 sit ups | Run 30 min50 push ups50 sit ups |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Take off | Run 35 min50 push ups50 sit ups | Practice at SMS6 pm – 7:15 pm | Run 35 min50 push ups50 sit ups | Practice at SMS6 pm -7 :15 pm | Run 35 min50 push ups50 sit ups | Run 35 min50 push ups50 sit ups |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Take off | Run 35 min50 push ups50 sit ups | Practice at SMS6 pm – 7:15 pm | Run 35 min50 push ups50 sit ups | Practice at SMS6 pm -7:15 pm | Run 35 min50 push ups50 sit ups | Run 35 min50 push ups50 sit ups |
| 30 |  |  |  |  |  |  |
| Take off |  |  |  |  |  |  |

|  |  |
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| February |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  |  |  |  |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  |  |  |  |  |  |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  |  |  |  |  |  |  |
| 25 | 26 | 27 | 28 | 29 |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| March |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2  |
|  |  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  |  |  |  |  |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  |  |  |  |  |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  |  |  |  |  |  |  |
| 31 |  |  |  |  |  |  |
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| April |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  |  |  |  |  |  |  |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  |  |  |  |  |  |  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  |  |  |  |  |  |  |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  |  |  |  |  |  |  |
| 28 | 29 | 30 |  |  |  |  |
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| May |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  |  |  |  |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  |  |  |  |  |  |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  |  |  |  |  |  |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  |  |  |  |  |  |  |
| 26 | 27 | 28 | 29 | 30 | 31 |  |
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| --- | --- |
| June |  |
|  | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
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| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
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| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  |  |  |  |  |  |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  |  |  |  |  |  |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
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| July |  |
|  | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  |  |  |  |  |  |  |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  |  |  |  |  |  |  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  |  |  |  |  |  |  |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  |  |  |  |  |  |  |
| 28 | 29 | 30 | 31 |  |  |  |
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| August |  |
|  | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  |  |  |  |  |  |  |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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| September |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  |  |  |  |  |  |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  |  |  |  |  |  |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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| 29 | 30 |  |  |  |  |  |
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| October |  |
|  | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
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| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  |  |  |  |  |  |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  |  |  |  |  |  |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  |  |  |  |  |  |  |
| 27 | 28 | 29 | 30 | 31 |  |  |
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| November |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  |  |  |  |  |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
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| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
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| December |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  |  |  |  |  |  |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  |  |  |  |  |  |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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| 29 | 30 | 31 |  |  |  |  |
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