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| June | | | |  | | | |
| MGM Cross Country Summer Running Schedule  Goal is 100 miles for the Summer. | | | | 2024 | | | |
|  | | | |  | | | |
| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
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| 2 | 3 | 4 | 5 | | 6 | 7 | 8 | |
|  | Run 30 min  50 push ups  50 sit ups | Run 30 min  50 push ups  50 sit ups | Run 30 min  50 push ups  50 sit ups | | Run 30 min  50 push ups  50 sit ups | Run 30 min  50 push ups  50 sit ups | Run 30 min  50 push ups  50 sit ups | |
| 9 | 10 | 11 | 12 | | 13 | 14 | 15 | |
| Take off | Run 30 min  50 push ups  50 sit ups | Practice at Semmes  Middle. Meet in the Gym  6 pm – 7:15 pm | Run 30 min  50 push ups  50 sit ups | | Practice at SMS  6 pm -7:15 pm | Run 30 min  50 push ups  50 sit ups | Run 30 min  50 push ups  50 sit ups | |
| 16 | 17 | 18 | 19 | | 20 | 21 | 22 | |
| Take off | Run 35 min  50 push ups  50 sit ups | Practice at SMS  6 pm – 7:15 pm | Run 35 min  50 push ups  50 sit ups | | Practice at SMS  6 pm -7 :15 pm | Run 35 min  50 push ups  50 sit ups | Run 35 min  50 push ups  50 sit ups | |
| 23 | 24 | 25 | 26 | | 27 | 28 | 29 | |
| Take off | Run 35 min  50 push ups  50 sit ups | Practice at SMS  6 pm – 7:15 pm | Run 35 min  50 push ups  50 sit ups | | Practice at SMS  6 pm -7:15 pm | Run 35 min  50 push ups  50 sit ups | Run 35 min  50 push ups  50 sit ups | |
| 30 |  |  |  | |  |  |  | |
| Take off |  |  |  | |  |  |  | |

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