

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Independence Day	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 OPTIONAL RUNNING CAMP 8:00am-9:00am @ JANE ADDAMS TRACK	20 OPTIONAL RUNNING CAMP 8:00am-9:00am @ JANE ADDAMS TRACK	21 OPTIONAL RUNNING CAMP 8:00am-9:00am @ JANE ADDAMS TRACK	22 OPTIONAL RUNNING CAMP 8:00am-9:00am @ JANE ADDAMS TRACK	23	24
25 Parents' Day	26 OPTIONAL RUNNING CAMP 8:00am-9:00am @ JANE ADDAMS TRACK	27 OPTIONAL RUNNING CAMP 8:00am-9:00am @ JANE ADDAMS TRACK	28 OPTIONAL RUNNING CAMP 8:00am-9:00am @ JANE ADDAMS TRACK	29 OPTIONAL RUNNING CAMP 8:00am-9:00am @ JANE ADDAMS TRACK	30	31
		Camp is free and You do not need To pay or have a Physical.				

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3 <u>FIRST DAY OF PRACTICE</u> 8-9:00am @ Jane Addams Track. You will need a SPORTS PHYSICAL and PARTICIPATION FORM.	4 PRACTICE 8-9:00am @ Jane Addams	5 PRACTICE 8-9:00am @ Jane Addams	6 PRACTICE 8-9:00am @ Jane Addams FUNDAY FRIDAY!!!!!!	7	
8	9 Practice 8-9am Distance Run A Group- Watch Run	10 PRACTICE 8-9am, Short Distance Intervals	11 PRACTICE 8-9am, Distance Run, Easy	12 PRACTICE 8-9am 1 Mile Time Trial	13 PRACTICE 8-9am, FUNDAY FRIDAY!! Battleship	14	
15	16 Practice 2:30-3:30 @Jane Addams Easy Middle Distance	17 AWAY MEET Vs LUKANCIC 3:15- Meet at Jane Addams 3:30- Bus Leaves 4:15- First Race	18 NO PRACTICE	19 Practice 2:50-3:55 Easy Distance Run	20 FUNDAY FRIDAY!! 2:50-3:55 Chase	21	
22	23 PRACTICE 2:50-3:55 Easy Distance Run A Group- Watch Run	24 PRACTICE 2:50-3:55 Repeat Speed Work	25 PRACTICE 2:50-3:55 Recovery Distance Run	26 PRACTICE 2:50-3:55 Speed Work, Pyramid @ Track	27 FUNDAY FRIDAY!! 2:50-3:55 Goal Tiles	28 OPTIONAL PARKIES 5K! WE LOVE WHEN YOU ALL SHOW UP TO RUN	
29	30 PRACTICE 2:50-3:55 Distance Run	31 PRACTICE 2:50-3:55 Mock Meet Speed Work					
		Notes					

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 PRACTICE 2:50-3:55 Intro to Tempo Run	2 HOME MEET vs JEFFERSON & MINOOKA	3 FUNDAY FRIDAY!! 2:50-3:55 Selfie Scavenger Hunt	4
5	6 PRACTICE 2:50-3:55 @ Jane Addams Long Distance Run A Group 4+	7 PRACTICE 2:50-3:55 @ Jane Addams Hill Repeats @ BRAC	8 PRACTICE 2:50-3:55 @ Jane Addams Long Distance Run	9 HOME MEET vs Plano, Brooks, Humphrey Gompers	10 FUNDAY FRIDAY!! 2:50-3:55 Battleship	11 Patriot Day
12	13 PRACTICE 2:50-3:55 Timed Distance Run	14 PRACTICE 2:50-3:55 800m Repeats @BRAC	15 PRACTICE 2:50-3:55 Distance Recovery Run	16 HOME MEET vs Channahon	17 LAST FUNDAY FRIDAY!! 2:50-3:55 WAR!!	18
19	20 PRACTICE 2:50-3:55 Distance Run	21 PRACTICE Tempo Run	22 PRACTICE Distance Run	23 HOME EAST vs WEST INVITATIONAL 4:20pm	24 PRACTICE 2:50-3:55 @ Jane Addams	25 Tentative: Willowbrook Invitational 7:15am
26	27 PRACTICE Distance Run	28 HOME MEET vs HOMER	29 EARLY RELEASE NO PRACTICE!!!!	30 PRACTICE 2:50-3:55 Hidden Lakes Run!!		
		Notes				

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 PRACTICE 2:50-3:55 5K Timed	2 CHANNAHON INVITATIONAL 7:15am-12:30pm
3	4 PRACTICE 800m Repeats	5 AWAY MEET @ OAK PRAIRIE 4:30	6 PRACTICE Sectional Team Only 2:50-3:55 4.5 miles easy	7 PRACTICE Sectional Team Only 2:50-3:55 speed work	8 PRACTICE Sectional Team Only 2:50-3:55 1 mile easy 2x400's fast	9 SECTIONALS THIS IS THE ONLY REQUIRED MEET FOR ALL SECTIONAL SQUAD MEMBERS. THIS IS OUR MOST IMPORTANT MEET!!!!
10	11 Columbus Day	12 PRACTICE STATE TEAM ONLY 2:50-3:55 @ Jane Addams ALL UNIFORMS DUE	13 PRACTICE STATE TEAM ONLY 2:50-3:55 @ Jane Addams	14 PRACTICE STATE TEAM ONLY 2:50-3:55 @ Jane Addams	15 PRACTICE STATE TEAM ONLY 2:50-3:55 @ Jane Addams	16 STATE
17	18	19	20	21 CROSS COUNTRY BANQUET- @ JANE ADDAMS 5:30pm-7:00pm	22	23
24	25	26 OPTIONAL NXN TRAINING 2:50-3:45 @ JANE ADDAMS	27	28 OPTIONAL NXN TRAINING 2:50-3:45 @ JANE ADDAMS	29	30

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 OPTIONAL NXN TRAINING 2:50-3:45 @ JANE ADDAMS	3	4 OPTIONAL NXN TRAINING 2:50-3:45 @ JANE ADDAMS	5	6
7 Daylight Saving	8	9 OPTIONAL NXN TRAINING 2:50-3:45 @ JANE ADDAMS	10	11 OPTIONAL NXN TRAINING 2:50-3:45 @ JANE ADDAMS	12	13 NIKE CROSS REGIONALS OPTIONAL!!!! Tentative date.

We will work with any clubs or sports you do to allow you to participate. The only day we NEED or best runners is Sectionals.

We NEVER cancel practice. We will practice indoors if it is too hot, cold, or rainy.

The Nike Cross REGIONALS and Parkies meets are optional and you do not need to attend.