

May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 Mother's Day	9 @CHMS 3:30-4:30 *2 miles 200 Mile Club Start	10 Orientation 6:00 1-2 miles	11 1-2 miles	12 @CHMS 3:30-4:30 1-2 miles	13 Rest	14 2 miles
15 Rest/Cross Train	16 @CHMS 3:30-4:30 2 miles	17 @CHMS 3:30-4:30 2 miles	18 2 miles	19 @CHMS 3:30-4:30 1-2 miles	20 Rest	21 3 miles
22 Rest/Cross Train	23 @CHMS 3:30-4:30 2 miles	24 @CHMS 3:30-4:30 2 miles	25 2 miles	26 No School for Students 2 miles	27 2 hour Day Rest	28 3 miles
29 Rest/Cross Train	30 Memorial Day 3 miles	31 2 miles				

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 @CHMS 7:00-8:30 *2 miles	2 @CHMS 7:00-8:00 B- 1 mile I- 3 miles	3 Rest	4 B- 2 miles I- 3 miles
5 Rest/Cross Train	6 @CHMS 7:00-8:00 B- 2 mile I- 3 miles	7 B- 1 mile I- 2 miles	8 @ Barfield Park 7:00-8:00 B- 2 miles I- 2 miles	9 @ CHMS 7:00-8:00 B- 2 miles I- 3 miles	10 Rest	11 B- 2 miles I- 4 miles
12 Rest/Cross Train	13 @CHMS 7:00-8:00 B- 3 miles I- 3 miles	14 B- 1 mile I- 2 miles	15 @ Barfield Park 7:00-8:00 B- 2 miles I- 3 miles	16 @ CHMS 7:00-8:00 B- 3 miles I- 3 miles	17 Rest	18 B- 3 miles I- 3 miles
19 Rest/Cross Train Father's Day	20 @ CHMS 7:00-8:00 B- 2 miles I- 3 miles	21 B- 1 mile I- 2 miles	22 @Barfield Park 7:00-8:00 B- 2 miles I- 3 miles	23 @ CHMS 7:00-8:00 *2 miles	24 Rest	25 B- 3 miles I- 4 miles
26 Dead Period Rest/Cross Train	27 Dead Period B- 2 miles I- 2 miles	28 Dead Period B- 1 mile I-1 mile	29 Dead Period B- 3 miles I- 4 miles	30 Dead Period B- 2 miles I- 3 miles		

July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dead Period Rest	2 Dead Period B- 3 miles I- 5 miles
3 Dead Period Rest/Cross Train	4 Dead Period Independence Day 3 miles	5 Dead Period 2 miles	6 Dead Period 3 miles	7 Dead Period 2 miles	8 Dead Period Rest	9 Dead Period B- 4 miles I- 5 miles
10 Rest/Cross Train	11 MANDATORY @ CHMS 7:00-8:00 *2 miles	12 2 miles	13 MANDATORY @ Barfield Park 7:00-8:00 4 miles	14 MANDATORY @ CHMS 2 miles	15 Rest	16 5 miles
17 Rest/Cross Train	18 MANDATORY @ CHMS 7:00-8:00 3 MILES	19 2 miles	20 MANDATORY @ Barfield Park 7:00-8:00 4 miles	21 MANDATORY @ CHMS 7:00-8:00 *2 miles	22 Rest	23 5 miles
24 Rest/Cross Train	25 3 miles	26 4 miles	27 3 miles	28 2 miles	29 Rest	30 5 miles
31 Rest/Cross Train						

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 MANDATORY @ CHMS 3:30-5:00	2 MANDATORY @ CHMS 3:30-5:00	3 MANDATORY @ CHMS 3:30-4:30	4 MANDATORY @ CHMS 3:30-5:00	5 Rest	6
7	8 @ CHMS 3:30-5:00	9 @ CHMS 3:30-5:00	10 @ CHMS 3:30-4:30	11 @ CHMS 3:30-5:00	12 REST	13
14	15 @ CHMS 3:30-5:00	16 @ CHMS 3:30-5:00	17 @ CHMS 3:30-4:30	18 @ CHMS 3:30-5:00 200 Mile Club Turn-In	19 @CHMS 3:30-4:00 (OPTIONAL)	20 Macon County Inv.
21	22 @ CHMS 3:30-5:00	23 @ CHMS 3:30-5:00	24 @ CHMS 3:30-4:30	25 @ CHMS 3:30-5:00	26	27
28	29 @ CHMS 3:30-5:00	30 @ CHMS 3:30-5:00	31 @ CHMS 3:30-4:30			

September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 @ CHMS 3:30-5:00	2 @CHMS 3:30-4:00 (OPTIONAL)	3 Warrior Inv. (Riverdale High School)
4	5 Labor Day	6 @ CHMS 3:30-5:00	7 @ CHMS 3:30-4:30	8 @ CHMS 3:30-5:00	9 @CHMS 3:30-4:00 (OPTIONAL)	10 Milton Inv.
11	12 @ CHMS 3:30-5:00	13 @ CHMS 3:30-5:00	14 @ CHMS 3:30-4:30	15 @ CHMS 3:30-5:00	16	17 TBA Dickson Inv./Columbia Inv.
18	19 @ CHMS 3:30-5:00	20 @ CHMS 3:30-5:00	21 @ CHMS 3:30-4:30	22 @ CHMS 3:30-5:00	23 @CHMS 3:30-4:00 (OPTIONAL)	24 Sharp Springs Inv./TMSAA Qualifier
25	26 @ CHMS 3:30-5:00	27 @ CHMS 3:30-5:00	28 @ CHMS 3:30-4:30	29 @ CHMS 3:30-5:00	30	

October 2016

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