


# August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 OFF	4 <b>Forsyth Park Practice</b> 7:15-8:00am 30x30 Fartlek	5 <b>Forsyth Park Practice</b> 7:15-8:00am Frisbee Golf	6 <b>Forsyth Park Practice</b> 7:15-8:00am 1 Mile Time Trial	7 OFF	8
9	10 OFF	11 <b>Forsyth Park Practice</b> 7:15-8:00am 400 Repeats	12 <b>Forsyth Park Practice</b> 7:15-8:00am 1-2 Mile Run	13 <b>Forsyth Park Practice</b> 7:15-8:00am 1.5 Mile Tempo	14 OFF	15
16	17 OFF	18 <b>MFMS Practice</b> 5:00-6:00pm 45x45 Fartlek	19 <b>MFMS Practice</b> 5:00-6:00pm Scavenger Hunt	20 <b>MFMS Practice</b> 5:00-6:00pm 2 Miles + Strides	21 OFF	22
23	24 OFF	25 <b>Forsyth Park Practice</b> 5:00-6:00pm 800 Repeats	26 <b>Forsyth Park Practice</b> 5:00-6:00pm 2-3 Mile Run	27 <b>Forsyth Park Practice</b> 5:00-6:00pm 2 Mile Tempo	28 OFF	29
30	31					

# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>31</b> OFF	<b>1</b> MFMS Practice 5:00-6:00pm 60x60 Fartlek	<b>2</b> MFMS Practice 5:00-6:00pm 2-4 Mile Run	<b>3</b> MFMS Practice 5:00-6:00pm 2 Mile Tempo	<b>4</b> OFF	<b>5</b>
<b>6</b>	<b>7</b> OFF	<b>8</b> Forsyth Park Practice 5:00-6:00pm 800 Repeats	<b>9</b> Forsyth Park Practice 5:00-6:00pm Follow the Leader	<b>10</b> Forsyth Park Practice 5:00-6:00pm 2 Miles + Strides	<b>11</b> OFF	<b>12</b>
<b>13</b>	<b>14</b> OFF	<b>15</b> MFMS Practice 5:00-6:00pm 75x60 Fartlek	<b>16</b> MFMS Practice 5:00-6:00pm 2-4 Mile Run	<b>17</b> MFMS Practice 5:00-6:00pm 2 Miles + Strides	<b>18</b> OFF	<b>19</b>
<b>20</b>	<b>21</b> OFF	<b>22</b> Forsyth Park Practice 5:00-6:00pm 400 Repeats	<b>23</b> Forsyth Park Practice 5:00-6:00pm Scavenger Hunt	<b>24</b> Forsyth Park Practice 5:00-6:00pm 2 Mile Tempo	<b>25</b> OFF	<b>26</b>
<b>27</b>	<b>28</b> OFF	<b>29</b> MFMS Practice 5:00-6:00pm 90x60 Fartlek	<b>30</b> MFMS Practice 5:00-6:00pm 2-4 Mile Run	<b>1</b> MFMS Practice 5:00-6:00pm 2 Miles + Strides	<b>2</b> OFF	<b>3</b>

# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 OFF	6 MFMS Practice 5:00-6:00pm Ladder Workout	7 MFMS Practice 5:00-6:00pm Simon Says	8 MFMS Practice 5:00-6:00pm 2 Miles + Strides	9 OFF	10
11	12 OFF	13 Forsyth Park Practice 5:00-6:00pm TBD	14 Forsyth Park Practice 5:00-6:00pm TBD	15 Forsyth Park Practice 5:00-6:00pm TBD	16 OFF	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31