**Boys XC Weekly Schedule for 9/26-10/2, 2016**

**Monday, 9/26**-Practice 3:30-5:30

**Tuesday, 9/27**-Home meet with DuBois/Hollidaysburg and Kane Make sure you read over the preview and know the race strategy. Plan on staying until at least 6:00 pm as we are going to do a short workout after the race.

**Wednesday, 9/28**-Practice 3:30-5:30. We will plan on swimming after our run same as last week-make sure you have everything you need.

**Thursday, 9/29**-Practice 3:30-5:30.

**Friday, 9/30-**Practice 3:30-5:00. Note earlier dismissal time. We will get going on our long run by 3:45 and should be done by 5 pm no problem.

**Saturday, 10/1**-No practice scheduled. You are responsible for running on your own, doing the run in your weekly training schedule. I am very likely going to schedule practices for Saturday, October 15 and Saturday, October 22nd, so plan accordingly. All team members need to make every effort to adjust any plans so you can attend these sessions.

**Sunday, 10/2**-Rest day-no running