

# AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> E
<b>2</b> Long Run	<b>3</b> 4:00 Work-out GCCS Mix Core	<b>4</b> 4:00 Park T* Hills Core	<b>5</b> 4:00 Park E	<b>6</b> 4:00 Work-out GCCS  Core	<b>7</b> Camp  Barefoot drills	<b>8</b> Camp
<b>9</b> Camp	<b>10</b> Mandatory Practice Camp	<b>11</b> 4:00 Park R-1 Hills Core	<b>12</b> 4:00 Park E	<b>13</b> 4:00 Work-out GCCS  Core	<b>14</b> 4:00 Park E Core Barefoot drills	<b>15</b> E
<b>16</b> Long run	<b>17</b> 4:00 Work-out GCCS Mix Core	<b>18</b> 4:00 Park T* Hills Core	<b>19</b> 4:00 Park E	<b>20</b> 4:00 Work-out GCCS  Core	<b>21</b> 4:00 Park E Core Barefoot drills	<b>22</b> E
<b>23</b> Long run	<b>24</b> 4:00 Work-out GCCS E Core	<b>25</b> 4:00 Park T* Hills Core	<b>26</b> 4:00 Park E	<b>27</b> 4:00 Work-out GCCS  Team Dinner Core	<b>28</b> 4:00 Park E Core Barefoot drills	<b>29</b> Meet Westerville North Classic
<b>30</b> Long run	<b>31</b> 4:00 Work-out GCCS E Core					