

October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CC practice 6-7:30	2 CC practice 7:00-7:30am	3 Aldine ISD Invitational
4 Easy Run (75min)	5 CC practice 6:00-7:30am <i>Weight Room</i> (lower body) 2:30-5:30pm @ Ridge	6 CC practice 6:00-7:30am <i>Weight Room</i> (lower body) 2:30-5:30pm Spring Creek Park	7 Easy Run (50min) ICE BATH	8 CC practice 5:45-7:30am Campbell MS Swim Day	9 CC practice 7:00-7:30am	10 Nike South Invitational
11 Easy Run (75min)	12 Student Holiday Steady State Run 6 miles	13 CC practice 6:00-7:30am <i>Weight Room</i> (lower body) 2:30-8:00pm Huntsville State Park	14 Easy Run (50min) ICE BATH	15 CC practice 6-7:30	16 CC practice 7:00-7:30am	17 Sam Houston State University Invitational
18 Easy Run (50min)	19 CC practice 6:00-7:30am <i>Weight Room</i> (upper body) 2:45-4:30pm Spring Creek Park	20 CC practice 6:00-7:30am <i>Weight Room</i> (lower body) 2:30-5:30pm Spring Creek Park	21 Easy Run (30min) ICE BATH	22 CC practice 5:45-7:30am Campbell MS Swim Day	23 CC practice 2:45-4:30pm Spring Creek Park	24 Pancake Breakfast 8:00am-9:30am Easy Run (60min)
25 REST	26 CC practice 6:00-7:30am	27 2:30-5:30pm Spring Creek Park	28 Easy Run (30min) ICE BATH	29	30 District 15-5A Championships	31