

September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CC practice 6:00-7:30am <i>Weight Room</i> (lower body) 2:30-5:30pm Spring Creek Park	2 Easy Run (50min)	3 Montgomery/PUMA "Moonlight Madness" Invitational	4 CC practice 7:00-7:30am	5 Easy Run (75min)
6 REST	7 LABOR DAY Steady State Run 6 miles	8 CC practice 6:00-7:30am <i>Weight Room</i> (lower body) 2:30-5:30pm Spring Creek Park	9 Easy Run (50min)	10 CC practice 5:45-7:30am Campbell MS <i>Swim Day</i>	11 CC practice 7:00-7:30am	12 Texas A&M University Invitational Meet
13 Easy Run (75min)	14 CC practice 6:00-7:30am <i>Weight Room</i> (upper body) 2:45-4:30pm	15 CC practice 6:00-7:30am <i>Weight Room</i> (lower body) 2:30-7:30pm Huntsville State Park	16 Easy Run (30min)	17 CC practice 7-8:30	18 CC practice 7:00-7:30am	19 Cooper Dragon Invitational The Woodlands, TX
20 Easy Run (50min)	21 CC practice 6:00-7:30am <i>Weight Room</i> (upper body) 2:45-4:30pm	22 CC practice 6:00-7:30am <i>Weight Room</i> (lower body) 2:30-5:30pm Spring Creek Park	23 Easy Run (50min)	24 CC practice 5:45-7:30am Campbell MS <i>Swim Day</i>	25 CFISD Invitational Tomball, Texas	26 Easy Run (75min)
27 REST	28 CC practice 6:00-7:30am <i>Weight Room</i> (upper body) 2:45-4:30pm	29 CC practice 6:00-7:30am <i>Weight Room</i> (lower body) 2:30-5:30pm Spring Creek Park	30 Easy Run (50min)			