



## Peachtree Ridge XC Season Practice Tentative Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>31-July</u>	<u>1-Aug</u>	<u>2-Aug</u>	<u>3-Aug</u>	<u>4-Aug</u>	<u>5-Aug</u>	<u>6-Aug</u>
No Practice (Run on your own)	<b>Morning Practice @ 6:00-7:45 AM @ PRHS Track</b>  <b><u>First Day of Official Practice!</u></b>	<b>Morning Practice @ 6:00-7:45 AM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	No Practice (Run on your own) 1: 6 Miles + Strides 2: 7 Miles + Strides 3: 9 Miles + Strides
<u>7-Aug</u>	<u>8-Aug</u>	<u>9-Aug</u>	<u>10-Aug</u>	<u>11-Aug</u>	<u>12-Aug</u>	<u>13-Aug</u>
No Practice- Optional Run on Your Own	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>2 Mile Team Time Trial</b>
<u>14-Aug</u>	<u>15-Aug</u>	<u>16-Aug</u>	<u>17-Aug</u>	<u>18-Aug</u>	<u>19-Aug</u>	<u>20-Aug</u>
No Practice- Optional Run on Your Own	<b>Afternoon Practice @ 2:45-4:45 PM @ Collins Hill Park</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Morning Practice @ 5:30-6:30 AM @ PRHS Track</b>	<b>Pickens Preview</b>
<u>21-Aug</u>	<u>22-Aug</u>	<u>23-Aug</u>	<u>24-Aug</u>	<u>25-Aug</u>	<u>26-Aug</u>	<u>27-Aug</u>
No Practice- Optional Run on Your Own	<b>Afternoon Practice @ 2:45-4:45 PM @ Chat Pointe</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Morning Practice @ 5:30-6:30 AM @ PRHS Track</b>	<b>Bob Blastow</b>
<u>28-Aug</u>	<u>29-Aug</u>	<u>30-Aug</u>	<u>31-Aug</u>	<u>1-Sept</u>	<u>2-Sept</u>	<u>3-Sept</u>
No Practice- Optional Run on Your Own	<b>Afternoon Practice @ 2:45-4:45 PM @ Collins Hill Park</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Morning Practice @ 5:30-6:30 AM @ PRHS Track</b>	No Practice (Run on your own) 1: 6 Miles + Strides

		4:30 PM @ PRHS Track				2: 7 Miles + Strides 3: 9 Miles + Strides
<b>4-Sept</b>	<b>5-Sept</b>	<b>6-Sept</b>	<b>7-Sept</b>	<b>8-Sept</b>	<b>9-Sept</b>	<b>10-Sept</b>
No Practice (Run on your own) 1: 3 Miles 2: 3 Miles 3: 4 Miles Or Cross Train	<b>Labor Day Holiday-Practice: TBA</b>	Afternoon Practice @ 2:30-4:30 PM @ PRHS Track	Afternoon Practice @ 2:30-4:30 PM @ PRHS Track	<b>Depart Gulf Coast Stampede-Practice: TBA</b>	<b>Gulf Coast Stampede-Practice: TBA</b>	<b>Gulf Coast Stampede</b>
<b>11-Sept</b>	<b>12-Sept</b>	<b>13-Sept</b>	<b>14-Sept</b>	<b>15-Sept</b>	<b>16-Sept</b>	<b>17-Sept</b>
No Practice-Optional Run on Your Own	Afternoon Practice @ 2:45-4:45 PM @ Chat Pointe	Afternoon Practice @ 2:30-4:30 PM @ PRHS Track	Afternoon Practice @ 2:30-4:30 PM @ PRHS Track	Afternoon Practice @ 2:30-4:30 PM @ PRHS Track	<b>Digital Learning Day #1-Practice: TBA</b>	<b>Gwinnett County Championship</b>
<b>18-Sept</b>	<b>19-Sept</b>	<b>20-Sept</b>	<b>21-Sept</b>	<b>22-Sept</b>	<b>23-Sept</b>	<b>24-Sept</b>
No Practice-Optional Run on Your Own	Afternoon Practice @ 2:45-4:45 PM @ Collins Hills	Afternoon Practice @ 2:30-4:30 PM @ PRHS Track	Afternoon Practice @ 2:30-4:30 PM @ PRHS Track	Afternoon Practice @ 2:30-4:30 PM @ PRHS Track	Morning Practice @ 5:30-6:30 AM @ PRHS Track	<b>Wingfoot Classic</b>
<b>25-Sept</b>	<b>26-Sept</b>	<b>27-Sept</b>	<b>28-Sept</b>	<b>29-Sept</b>	<b>30-Sept</b>	<b>1-Oct</b>
No Practice (Run on your own) 1: 3 Miles 2: 3 Miles 3: 4 Miles Or Cross Train	Afternoon Practice @ 2:45-4:45 PM @ Chat Pointe	Afternoon Practice @ 2:30-4:30 PM @ PRHS Track	Afternoon Practice @ 2:30-4:30 PM @ PRHS Track	Afternoon Practice @ 2:30-4:30 PM @ PRHS Track	Morning Practice @ 5:30-6:30 AM @ PRHS Track	No Practice (Run on your own) 1: 7 Miles + Strides 2: 8 Miles + Strides 3: 10 Miles + Strides
<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>	<b>5-Oct</b>	<b>6-Oct</b>	<b>7-Oct</b>	<b>8-Oct</b>

No Practice (Run on your own) <u>1</u> : 3 Miles <u>2</u> : 3 Miles <u>3</u> : 4 Miles Or Cross Train	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>  <b>(Day before Mountain Invite)</b>	<b>Mountain Invitational</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Fall Break Holiday- Practice: TBA</b>	<b>Fall Break Holiday- Practice: TBA</b>	No Practice (Run on your own) <u>1</u> : 7 Miles + Strides <u>2</u> : 8 Miles + Strides <u>3</u> : 10 Miles + Strides
<b>9-Oct</b>	<b>10-Oct</b>	<b>11-Oct</b>	<b>12-Oct</b>	<b>13-Oct</b>	<b>14-Oct</b>	<b>15-Oct</b>
No Practice-Optional Run on Your Own	<b>Fall Break Holiday- Practice: TBA</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Morning Practice @ 5:30-6:30 AM @ PRHS Track</b>	<b>Coach Wood</b>
<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>	<b>19-Oct</b>	<b>20-Oct</b>	<b>21-Oct</b>	<b>22-Oct</b>
No Practice-Optional Run on Your Own	<b>Afternoon Practice @ 2:45-4:45 PM @ Chat Pointe</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Morning Practice @ 5:30-6:30 AM @ PRHS Track</b>	<b>7-A-A-A-A-A-A-A Region XC Championship</b>
<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>	<b>26-Oct</b>	<b>27-Oct</b>	<b>28-Oct</b>	<b>29-Oct</b>
No Practice-Optional Run on Your Own	<b>Afternoon Practice @ 2:45-4:45 PM @ Collins Hills Park</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Morning Practice @ 5:30-6:30 AM @ PRHS Track</b>	OFF (No Run, Rest)
<b>30-Oct</b>	<b>31-Oct</b>	<b>1-Nov</b>	<b>2-Nov</b>	<b>3-Nov</b>	<b>4-Nov</b>	<b>5-Nov</b>
No Practice-Optional Run on Your Own	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>  <b>(Getting ready for state)</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>Afternoon Practice @ 2:30-4:30 PM @ PRHS Track</b>	<b>State Travel- TBA</b>	<b>GHSA Cross Country State Championship</b>  <b>(Boys @ 12:00 PM; Girls @ 12:45 PM)</b>	

## **Notes:**

**-Off campus runs begin August 15<sup>th</sup>! Off campus practices will start @ the off campus location @ 2:45 PM and will end @ 4:45 PM because of travel time getting to the practice locations.**

**-Friday morning runs (5:30-6:30 AM) begin August 19<sup>th</sup>! Athletes, bring whatever you need to shower at the school!**

### **Addresses For Off Campus Practices:**

- **Collins Hill Park:** 2225 Collins Hill Rd, Lawrenceville, GA 30043 (park in the first parking lot on the right, & meet at pavilion over the hill)
- **Chattahoochee Pointe Park:** 5790 Chattahoochee Pointe Dr, Suwanee, GA 30024 (meet in the very back of the park, & meet at pavilion on the right)
- **Peachtree Ridge High School:** Meet at Peachtree Ridge High School Track
- **No Practice (Run on your own):** Run on your own. Follow the mileage on this schedule. Log your mileage on Strava.

### **No Practice (Run on your own) Running Groups:**

**Group 1:** 25 & 30 Miles Per Week Group (From Summer)

**Group 2:** 35 & 40 Miles Per Week Group (From Summer)

**Group 3:** 45 & 50 Miles Per Week Group (From Summer)