**2020 Summer XC Training Locations**

We will hold practice at 8am and 6:30pm. The group you signed up for will be at that time Monday-Friday. Saturdays will be at 7am and 9am. If you had 8am all week you will have 7am on Saturday.

Practices for both groups will be at the same location as listed below. YOU CAN NOT SWITCH GROUPS. If you can’t make practice, please run on your own.

www.eastpauldingxc.com

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| Week | Morning Practice Location | Saturday Practices |
| 6/1 – 6/7 | Lost Mountain Park | Kennesaw Mtn Visitor Center |
| 6/8 – 6/14 | Green Meadows Park | Kolb Farm (Kennesaw Mtn) |
| 6/15 – 6/21 | Allatoona Creek Park | Red Top (Iron Hill) |
| 6/22 – 6/28 | Kolb Farm (Kennesaw Mtn) | Allatoona Creek Park |
| 6/29 – 7/5 | DEAD WEEK (captains choice) |  |
| 7/6 – 7/12 | Allatoona Creek Park | Sweetwater Park |
| 7/13 – 7/19 | Green Meadows Park | Kolb Farm (Kennesaw Mtn) |
| 7/20 – 7/26 | Lost Mountain Park | Red Top (Iron Hill) |
| 7/27 – 8/2 | Mount Tabor Park | Green Meadows Park |

All summer practices are optional, but are highly recommended. The summer training will help you improve your fitness and be prepared for the season. Runners will need to sign up on Strava.com, join the club “East Paulding High School XC”, and log their miles on this site. This needs to be done accurately so we as coaches can alter the training as necessary to see the athletes improve, and for athletes to earn summer shirts.

We are required to use a wet bulb to measure heat and humidity, practicing at the times listed should help us avoid the hot and humid weather. Any cancelled or changes to the above schedule will be sent through Remind.

Please bring a watch and a water bottle to every practice!