



September 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				Distance	FB Home	1
2	3 Labor Day – No School	4 Distance	5 Speed	6 Distance	7 FB Away	8 Aug Prep – 8am 
9	10 Distance	11 Light	12 Brentwood – 4pm 	13 Distance	14 FB Home	15 Macon – 8am 
16	17 Distance	18 Hills Day	19 Rest Day	20 Distance	21 FB Away	22 5k in Town – 8am
23	24 Distance	25 Speed	26 Rest Day	27 Extreme Hills	28 FB Away	29 Run at Home
30		Like Gatewood XC on Facebook	Follow: @xcgators on Twitter	Text @xcgators To 81010 for updates via text		

Notes

Please meet at the track each practice as soon as you get changed. All practices will last one hour or less. Always remember to drink plenty of water during the day and BRING a water BOTTLE with you every day. It's hot and you need to be fully hydrated to perform at your highest level.