

March

2022

Girls Track Schedule

Any changes will be announced to team in advance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 SECOND MEET @ Germantown HS 4:00	2 ON YOUR OWN Run/walk 40 minutes	3 ON YOUR OWN Run/walk 40 minutes	4 REST DAY	5 XT (30-40 minutes)
6 REST DAY	7 Practice – GIRLS and BOYS @ RHS 3:45-5:00	8 THIRD MEET @ Pearl HS 4:00	9 XT (30-40 minutes)	10 Practice – GIRLS @ RHS 3:45-5:00	11 REST DAY	12 ON YOUR OWN Run/walk 40 minutes OR 2.5 miles
13 REST DAY	14 XT (35-45 minutes)	15 Run/walk 40 minutes OR 2.5 miles	16 REST DAY	17 XT (35-45 minutes)	18 REST DAY	19 Run/walk 45 minutes OR 3 miles
20 REST DAY	21 Practice – GIRLS and BOYS @ RHS 3:45-5:00	22 FOURTH MEET @ Vicksburg HS 4:00	23 Practice – GIRLS @ RHS 3:45-5:00	24 REST DAY	25 Run/walk 45 minutes OR 3 miles	26 Practice – GIRLS and BOYS @RHS 10:00-11:15
27 REST DAY	28 LITTLE 6 CHAMPIONSHIP @ Madison Central HS 11:00	29 CONGRATULATIONS ON AN AMAZING SEASON!!!	30 Please turn in your uniforms, WASHED, by Friday, April 8.	31		

XT (Cross Train) = weights, workout videos, biking, playing another sport like basketball, baseball, softball, football, etc., walking, yoga – BASICALLY anything but running!

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