August 2015

Monday Tuesday		Wednesday	Thursday	Friday	Saturday	Sunday
3	4	5	6	7	8	9
10	11	12	13	14	15	16
		First Day of Practice ORANGE CARDS Log Books	7:30-9:30 JHHS Senior Goals Birthday Sched YOGA	7:30-9:30 JHHS Breakfast at Celina's House	Meet @ JHHS @ 8:30 Chipotle Lunch Following practice 8:30-11:00	Easy
17	18	19	20	21	22	23
7:30-9:30 JHHS Run- a-Thon Handouts/ Goals JR Meetings SPIRIT WEAR SHOP OPEN	7:30-9:30 JHHS JR Meetings Run at MacArthur	7:30-9:30 JHHS Uniforms Soph Meetings	Practice 1:30-3:30 Uniforms Frosh Meetings	7:30-9:30 JHHS GIRLS RUN-A- THON – MAKE YOUR GOALS!!	Hersey Track – Pictures at 7:45 Practice Follows 8:15-9:30 Parent Meeting at 10 AM – 124D	Off
24	25	26	27	28	29	30
Practice 3:15-5:30 JHHS	Practice YOGA 3:15-5:30 JHHS	First Day of School Short Practice 3:15-4:15 JHHS	3:15-5:30 JHHS YOGA SPIRIT WEAR SHOP CLOSES @ MIDNIGHT	3:15-5:00 JHHS LEADERSHIP COUNCIL MEETING	High Ropes Course @ FV TBD	Easy

September 2015

Monday	Monday Tuesday			Wednesda	y	Thursday		Friday		Saturday		Sunday	
	31		1		2		3		4		5		6
3:15-5:30 JHHS YOGA		Conant Dual @ MacArthur		3:15-5:30 JHHS TRX		3:15-5:30 JHHS YOGA		3:15-5:00 JHHS TRX		Fenton Invite Var/JV Top 14 Run OYO All Else		Off	
	7		8		9		10		11		12		13
No Schoo 9AM at BG I		3:15-5:30 JHHS YOGA		Y ZIIS-SIZIIIHHN Drochoct IIIIai		ıal	3:15-5:00 JHHS YOGA		Run @ Northwestern Meet at Hersey @ 9AM		Easy		
	14		15		16		17		18		19		20
No School 9AM at BG RES		3:15-5:30 JH YOGA	IHS	3:15-5:30 JH YOGA	IHS	Buffalo Gro Dual @ Willow Stream		Varsity to Pe JV Run OY Squat Wor	0	Richard Spr Invitation @ Detweill Park	al	Off	
	21		22		23		24		25		26		27
3:15-5:30 JI TRX	HHS	3:15-5:30 JH YOGA	IHS	9-11 AM JH TRX	HS	Wheeling D @ Heritage P		3:15-5:00 JF YOGA	IHS	Palatine Invitationa	al	Easy	

September / October 2015

Monday		Tuesday		Wednesda	у	Thursday		Friday		Saturday		Sunday	
	28		29		30		1		2		3		4
3:15-5:30 JHHS TROPICAL SMOOTHIE FUNDRAISER!!!		3:15-5:30 JHHS YOGA		3:15-5:30 JHHS TRX		Rolling Meadows + Elk Grove Triangular @ MacArthur		3:15-5:00 JHHS YOGA		Wheaton Flight Race St. James Farm Varsity Top 12 All Else OYO		Recovery Circuit	
	5		6		7		8		9		10		11
3:15-5:30 JHHS TRX		3:15-5:30 JH YOGA	IHS	3:15-5:30 JH TRX	IHS	3:15-5:30 JH YOGA	IHS	3:15-5:30 JHHS		8AM-10AM JHHS		Recovery Circuit	
	12		13		14		15		16		17		18
	NO SCHOOL 8:30-10:30 3:15-5:30 JHHS YOGA		Fartlek at MSL Cours 3:15-6:30	L Course YOGA		IHS	3:15-5:00 JHHS TRX		MSL Conference @ Busse Woods		Recovery Circuit		
	29		20		21		22		23		24		25
3:15-5:30 JHHS TRX		3:15-5:30 JH YOGA	IHS	Regional Cou 3:15-6:30		3:15-5:30 JH YOGA	IHS	3:15-5:00 JH TRX	IHS	IHSA Region	nal	Recovery Circ	cuit

October / November 2015

Monday		Tuesday		Wednesda	У	Thursday	day Friday Saturday Sı		Sunday				
Race	26	Aerobic	27	Anaerobic	28	Aerobic	29	Aerobic	30	Race	31	Rest	1
3:15-5:30 JHHS TRX		3:15-5:30 JHHS YOGA		HS Sectional Course 3:15-6:30		3:15-5:30 JHHS YOGA		3:15-5:00 JHHS TRX		IHSA Sectional		Off	
Race + VO2	2	Aerobic	3	Anaerobic	4	Aerobic	5	Aerobic	6	Race	7	Rest	8
No Schoo 3:15-5:30 JF		YOGA		· ·		3:15-5:00 JHHS YOGA		Varsity to Peoria		IHSA State Meet		Off	
	9		10		11		12		13		14		15
	16		17		18		29		20		21		22