

Summer XC Training

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Memorial Day	28	29 Last day of school	30	31	1
2 Weekly Mileage: 10-25	3 Practice Building 13 7:00 AM	4	5 Practice Building 13 7:00 AM	6	7	8 Sanlando Park 7:00 AM 3 – 5 miles
9 Weekly Mileage: 14-30	10 Practice Building 13 7:00 AM	11	12 Practice Building 13 7:00 AM	13	14	15 Sanlando Park 7:00AM 4 – 6 miles
16 Weekly Mileage: 18-35	17 Practice Building 13 7:00 AM	18	19 Practice Building 13 7:00 AM	20	21	22 Clermont Clay Loop Meet at EHS 5:30 am (Parent carpool)
23 Weekly Mileage: 22-40 XC CAMP!!!	24 Practice Building 13 7:00 AM XC CAMP!!!	25 XC CAMP!!!	26 Practice Building 13 7:00 AM XC CAMP!!!	27 XC CAMP!!!	28 XC CAMP!!!	29 Sanlando Park 7:00 am 7 – 9 miles XC CAMP!!!

July/August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Weekly Mileage: 26-45	1 ON YOUR OWN!!!	2	3 ON YOUR OWN!!!	4 HAPPY 4 TH OF JULY!!!	5	6 ON YOUR OWN!!!
7 Weekly Mileage: 30-55	8 Practice Building 13 7:00 AM	9	10 Practice Building 13 7:00 AM	11	12	13 Clermont Clay Loop Meet at EHS 5:30 am (Parent carpool)
14 Weekly Mileage: 34-55	15 Practice Building 13 7:00 AM	16	17 Practice Building 13 7:00 AM	18	19	20 Orlando Wetlands 7:00AM
21 Weekly Mileage: 36-55	22 Practice Building 13 7:00 AM	23	24 Practice Building 13 7:00 AM	25	26	27 Clermont Clay Loop Meet at EHS 5:30 am (Parent carpool)
28 1 st Official Week XC	29 Practice Building 13 3:00PM	30 Practice Building 13 3:00PM	31 Practice Building 13 3:00PM	Aug 1 Practice Building 13 3:00PM	2	3 TBD
4	5 Practice EHS Track 3:00PM	6 Practice EHS Track 3:00PM	7 Practice EHS Track 3:00PM	8 Practice EHS Track 3:00PM	9	10 TBD

Practice Locations and Directions

Sanlando Park- meet in the parking lot to the right of the tennis courts

From EHS, drive east on I-4 and then take the Altamonte Springs exit. Take a left at the light onto West State Road 436. Turn right onto Douglas Ave and then you will take a left onto West Central Parkway. Turn right onto Laura Ave and you will dead-end into the park. Head towards the right and you will park over by the playground.

Orlando Wetlands – meet in parking lot

From EHS take I-4 west and then merge onto 408 east. Take 408 all the way to the East Colonial exit (Hwy 50). Take a right on Hwy 50 and keep going until you see signs for Fort Christmas. Take a left on FL-420 and proceed approx. 4 miles. You will turn right on Wheeler Rd. This road will take you to the parking lot, which is on the left-hand side of the road.

Clermont Clay Loop- meet along the loop

From EHS take I-4 west and then merge onto 408 west. Take the exit toward Florida's Turnpike North/Ocala. Take exit 272 toward SR-50/Clermont and then turn left. Go approximately 6.5 miles and veer onto US Hwy 27 South. Turn left onto N. Bradshaw Rd and then a slight left onto Five Mile Road. Park along the side of the loop. Be careful of soft sand as to not get stuck!

Summer Camp- Embry-Riddle Distance Camp, Rocky Bottom Conference Center, Sunset, South Carolina

Sunday June 23rd – Saturday June 29th

Cost: \$420 (includes room and board) *if transportation needed additional \$150.

https://erauathletics.com/sports/2014/2/17/MXC_0217141807.aspx