Scotus Cross Country Summer Log
@SCCTrackXC, http://www.wizardsdoor.com/scotusxc/

Name _____

In the event of injury, log bicycle distance / 3. Treadmill or elliptical distance / 2.

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun	parent or coach initial
May 4	X	X						
May 11								
May 18								
May 25								
June 1								
June 8								
June 15								
June 22								
June 29								
July 6								
July 13								
July 20								
July 27								
Aug. 3								