**2023 Summer XC Training Locations**

We will hold practice at 6:30pm on Mondays and Wednesdays at school. Tuesdays, Thursdays, and Fridays will be at 8am. All mornings will be at the location listed below. Saturdays will be at 7:30am.

www.eastpauldingxc.com

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| Week | Morning Practice Location | Saturday Practices |
| 6/5 – 6/11 | Allatoona Creek Park | Red Top (Iron Hill) |
| 6/12 – 6/18 | Lost Mountain Park | Allatoona Creek Park |
| 6/19 – 6/25 | Green Meadows Park | Big Peach (run to KMVC) |
| 6/26 – 7/2 | Allatoona Creek Park | Sweetwater Park |
| 7/3 – 7/9 | DEAD WEEK (seniors choice) | |
| 7/10 – 7/16 | Run on your own | |
| 7/17 – 7/23 | Allatoona Creek Park | Kolb Farm (Kennesaw Mtn) |
| 7/24 – 7/30 | Mt. Tabor Park | Helen |

All summer practices are optional, but are highly recommended. The summer training will help you improve your fitness and be prepared for the season. Runners will need to sign up on Strava.com, join the club “East Paulding High School XC”, and log their miles on this site. This needs to be done accurately so we as coaches can alter the training as necessary to see the athletes improve, and for athletes to earn summer shirts.

We are required to use a wet bulb to measure heat and humidity, practicing at the times listed should help us avoid the hot and humid weather. Any cancelled or changes to the above schedule will be sent through Remind.

Please bring a watch and a water bottle to every practice!

ATHLETE REMIND: @epxc23

PARENT REMIND: @epxc23p