

New Runners Millikan XC - JUNE 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
R.O.Y.O. = Run on your own	All Mondays Millikan Track 8:00am	All Tuesdays Signal Hill Discovery Well Park 8:00am	All Wednesdays Millikan Track 8:00am	Thursdays Heartwell Park by library/pond 8:00am	Most Fridays ROYO	31 Good sleep = good health
1 Seniors should run on Sundays Others cross train or off on Sundays	2 Distance	3 Hills LB State x 14	4 Distance Track awards	5 Distance Nike/BSN meeting	6 Practice after per. 3 Threshold Miles	7 Sleep more = better health
8 Motivation and dedication are likely more important than talent	9 Tempo Run Meet after 4th	10 Practice per. 7	11 Practice per. 8 Graduation	12 Yes practice	13 ROYO your mileage	14 ROYO Eat, Sleep, Run
15 PERSEVERANCE AND HARD WORK WILL ALLOW YOU TO IMPROVE!	16 1st practice at Millikan 8:00am on the Track	17 <i>Signal Hill Practice 8:00am</i>	18 <i>Millikan Practice 8:00am</i>	19 <i>Heartwell Practice 8:00am</i>	20 ROYO your mileage	21 ROYO New runners run 10 mins
22 After four years of XC you will be able to do anything!	23 Captains' run for Returners Dead period begins >>>>>>	24 <i>Captain's run for Returners</i> New runners run 15 mins this week	25 <i>Captain's run for Returners</i>	26 <i>Captain's run for Returners</i>	27 ROYO	28 ROYO

New Runners Millikan XC - JULY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 29 R.O.Y.O. = Run on your own	June 30 <i>Captain's run for Returners</i>	1 <i>Captain's run for Returners</i>	2 <i>Captain's run for Returners</i>	3 <i>Captain's run for Returners</i>	4 <i>Rest</i>	5 <i>ROYO</i>
<i>New runners run 15 mins this week</i>	<i>You will get out what you put in</i>					
>>Dead period ends	7 <i>Millikan Practice 8:00am</i>	8 <i>Signal Hill Practice 8:00am</i>	9 <i>Millikan Practice 8:00am</i>	10 <i>Heartwell Practice 8:00am</i>	11 <i>Rest</i>	12 <i>ROYO</i>
13 ATHLETIC CLEARANCE MUST BE DONE!	14 <i>Millikan Practice 8:00am</i>	15 <i>Signal Hill Practice 8:00am</i>	16 <i>Millikan Practice 8:00am</i>	17 <i>Heartwell Practice 8:00am</i>	18 <i>Rest</i>	19 <i>ROYO</i>
20 Follow each negative thought with a positive	21 <i>Millikan Practice 8:00am</i>	22 <i>Signal Hill Practice 8:00am</i>	23 <i>Millikan Practice 8:00am</i>	24 <i>Heartwell Practice 8:00am</i>	25 <i>Premeet ROYO</i>	26 <i>Time Trial #1 Heartwell 9:00am race starts, Be there at 8am</i>
27 After four years of XC you will be able to do anything!	28 <i>Millikan Practice 8:00am</i>	29 <i>Signal Hill Practice 8:00am</i>	30 <i>Millikan Practice 8:00am</i>	31 <i>Last Heartwell Practice 8:00am</i>	<u>Look at next month for practices</u> No one ever got faster by skipping practice...	If you think you can't, you are right!

New Runners Millikan XC - AUGUST 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	THE ONLY WAY TO BEAT THEM IS TO OUTWORK THEM!	It's not rocket science, it's just hard training	If you think you can't, you are right!	Motivation and dedication are likely more important than talent	1 <i>Rest</i>	2 ROYO Don't be afraid to work hard
R.O.Y.O. = Run on your own						
3 This sport will make you a hard worker <i>You will get out what you put in</i>	4 <i>Millikan Practice 8:00am</i>	5 <i>Signal Hill Practice 8:00am</i>	6 <i>Millikan Practice 8:00am</i>	7 <i>El Dorado Park Practice 8:00am Studebaker & Spring</i>	8 <i>Premeet ROYO</i>	9 Alumni Race & Time trial for new runners 9:00am race starts, be there at 8am
10 We don't train boys or girls, we train RUNNERS	11 <i>Millikan Practice 8:00am</i>	12 <i>Signal Hill Practice 8:00am</i>	13 <i>Millikan Practice 8:00am</i>	14 <i>El Dorado Park Practice 8:00am</i>	15 <i>Rest</i>	16 ROYO
17 Stay the course! <i>Seniors, now you see why running is 90% mental</i>	18 <i>Millikan Practice 8:00am</i>	19 <i>Signal Hill Practice 8:00am</i>	20 <i>Millikan Practice 8:00am</i>	21 <i>El Dorado Park Practice 8:00am Studebaker & Spring</i>	22 <i>Rest</i>	23 ROYO
24 Sleep more, eat better food, set season goals	25 ROYO your mileage	26 First day of school!	27 Follow each negative thought with a positive one	28 All paperwork & clearances must be in. No exceptions.	29 <i>Premeet ROYO</i>	30 Time Trial at Heartwell. Be there @8:00am
