

RUNSTRONG

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 AFTER SCHOOL 2:34-3:35pm	4 MORNING 6:20-7:30am	5 AFTER SCHOOL 2:34-3:35pm	6 MORNING 6:20-7:30am	7 NIX NATURE CENTER HIKE + RUN 7:30-10am
8	9	10 AFTER SCHOOL 2:34-3:35pm	11 MORNING 6:20-7:30am New Running Shoes (Theatron) 1:30pm-3pm	12 AFTER SCHOOL 2:34-3:35pm	13 MORNING 6:20-7:30am	14 NEWPORT BAY 7-9am
15	16	17 AFTER SCHOOL 2:34-3:35pm	18 MORNING 6:20-7:30am	19 AFTER SCHOOL 2:34-3:35pm	20 MORNING 6:20-7:30am	21 REST FOR RACE TOMORROW!
22 RACE FOR THE CURE RACE 6:20am-11:40am	23 Track & Field Starts!	24	25 MORNING 6:20-7:30am	26	27 MORNING 6:20-7:30am	28 BOLSA CHICA RESERVE 7-9am
29	30	31				



COMMUNICATION

Through Team Meetings, Website, & the REMIND App:

www.mcfaddenrs.com

Coaches: Diaz, Gassner, Holte

TEAM BONDING ACTIVITIES

Throughout the school year we will have several team events. Feel free to share an idea!

Example: Irvine Park Team Bonding

SATURDAY RUNS

Saturday runs are **recommended** for those that want to **DEDICATE** themselves to a higher level of training.