

## MileUp Generic Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
<b>Week 1</b>		<b>First Practice!</b> * Intros/Games		1 mile		1 mile		2 miles
<b>Week 2</b>		1-2 miles		1-2 miles		2-3 miles		4-6 miles
<b>Week 3</b>		1-2 miles <b>OUTpace @ Practice</b>		1 mile <b>Healing Hurt People- CYPHER #1</b>		2-3 miles <b>DEADLINE: Physicals due</b>		4-6 miles
<b>Week 4</b>		<b>DAO Parent/Family Meeting</b>		1 mile <b>CYPHER #2</b>		3-4 miles		5-6 miles
<b>Week 5</b>		2-3 miles		1-2 miles <b>CYPHER #3</b>		<b>SRPS Season Kickoff</b>		6-8 miles
<b>Week 6</b>		2 miles Pre-Surveys/Interviews		2 miles <b>CYPHER #4</b>		4-5 miles		6-9 miles
<b>Week 7</b>		3-4 miles		2 miles <b>CYPHER #5</b>		OFF	<b>MILESTONE RACE #1: 5K</b> <i>Distance: 3.1 miles</i>	10-12 miles
<b>Week 8</b>		4-5 miles		3-4 miles Goal-setting #1		5-6 miles		11-13 miles
<b>Week 9</b>		<b>Team Bowling</b>		4-6 miles <i>Gym Games</i>		6-7 miles <b>**required**</b>		11-13 miles
<b>Week 10</b>		4-5 miles		3-4 miles		7-8 miles <b>**required**</b>		14-17 miles

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<b>Week 11</b>		4-5 miles +Goal-setting #2		3-4 miles		Community Event	<b>MILESTONE RACE #2:</b> <i>Distance: 10 miles</i>	17-19 miles
<b>Week 12</b>		Post-Interviews/Surveys +Yoga/Stretching		2-3 miles		<i>Wissahickon Hike (Walking 2-3 miles)</i>		4-6 miles
<b>Week 13</b>		3-4 miles		2 miles		OFF	<b>MILESTONE RACE #3:</b> <i>Distance: 13.1 (Fall season) OR 3.1 miles (Spring season)</i>	8-18 miles
<b>Week 14</b>		<b>Last Day of Practice!</b> + <b>CELEBRATION</b> Paper plate awards + <b>Reflections DUE</b>		<b>Optional</b> [4-6 students]: CYPHER Feedback Focus Group 5:15pm (VISA gift card for participating)				

- Practice
- Event/Race/Required Program Milestone
- Special Activity
- Drexel - CYPHER

**Practice Schedule:** Tuesday/Thursday 5:15pm and Saturday 9:00am  
**Practice Location:** Lloyd Hall / Lemon Hill