

September

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
PRACTICE @ 2:45 - Easy group run ~3km		Practice @ 2:45 - Track workout ~5km	First Practice @ 2:45 - Easy group run ~ 3-4km			
21	22	23	24	25	26	27
PRACTICE @ 2:45 - Easy group run ~3km		Practice @ 2:45 - Track workout ~5km	Race #1 - Twin Rinks Chilliwack, Jr @ 4:00, Sr @ 4:30	Practice? @ 2:45 - Easy run ~ 5-6km		
28	29	30	01	02	03	04
Race #2 - Aldergrove Bowl, Jr @ 4:00, Sr @ 4:30		Practice @ 2:45 - Track workout ~5km	Practice @ 2:45 - Easy run ~ 5-6km			

05

06

Notes:

You are not required to attend every single practice. You must, however, attend at least one per week. Please do your best to attend as many races as possible as this is how you a) can qualify for larger championships, and b) help your team earn more points each race!

October

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	01 Practice @ 2:45 - Easy run ~ 5-6km	02	03	04
05 PRACTICE @ 2:45 - Easy group run ~4km	06	07 Practice @ 2:45 - Track workout ~5km	08 Practice @ 2:45 - Easy run ~ 5-6km	09	10	11
12 NO SCHOOL - THANKSGIVING	13	14 Race #4 - Big Valley Clash	15 Practice @ 2:45 - Easy run ~ 5-6km	16	17	18
19 PRACTICE @ 2:45 - Easy group run ~4km	20 Race #5 - Island 22 (Chilliwack) Jr @ 4:00, Sr @ 4:30	21 Practice @ 2:45 - Track workout ~5km	22 Practice @ 2:45 - Easy run ~ 5-6km	23	24	25
26	27	28	29	30	31	01

PRACTICE @ 2:45 -
Easy group run ~5km

Race #6 - EVAA
Championships!
Clearbrook Park, all
day. *YOU MUST HAVE
COMPLETED 2 PRIOR

Practice @ 2:45 -
Track workout ~5km

Practice @ 2:45 -
Easy run ~ 5-6km

02

03

Notes:

November

2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

26

27

28

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31

01

02

03

04

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08

PRACTICE @ 2:45 -
Easy group run ~5km

Practice @ 2:45 -
Track workout ~5km

Practice @ 2:45 -
Easy run ~ 6km

Race #7 - Nov. 7 -
BCSS PROVINCIALS
@ CLEARBROOK
PARK

09

10

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End of season lunch
party!

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22

23	24	25	26	27	28	29
30	01	Notes:				

December

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20