

New post on **Bozeman Hawks Cross Country 2020**



Training Plan and Practice

by [caseyjermyn](#)

Hi Team,

With the increase of smoke in the air we will not be running at practice. We will have team meetings, discuss the upcoming meet, and go over details for the week. Please see below for the training plan outline.

[Week 13 Training Program](#)

Girls - 3:45 PM

Boys - 4:15 PM

Thanks so much team and I see you guys this afternoon.

Coach Casey, Coach Ricardo, Coach K, and Coach Ellie!

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