

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up Cubs</p> <p>Long Distance 4 min., 3 min., 2 min., 1 min., Repeat Rest ½ of each time</p> <p>Cool Down</p> <p>Hip Circuit</p> <p>Core</p>	<p>Warm-up Gold Warm up</p> <p>Long Distance 3 mile road run 100 M cone drill</p> <p>Long Jump 20-10-10 flys Single leg drills Finishing drills Full jumps</p> <p>Abs</p> <p>Cool Down</p> <p>Core</p>	<p>Warm-up Purple Warm-up</p> <p>Distance Boys- tempo run</p> <p>Girls- Starts</p> <p>Long jump Drill work</p> <p>Cool down</p> <p>Core Team bonding</p>	<p>Meet @ JFK</p> <p>Dismiss @ 10:15</p> <p>Bus @ 10:30</p> <p>Field Events Running @ 1:00</p> <p>Boys- Starts</p>	<p>Meet @ JFK</p> <p>Warm up</p> <p>Shake out</p>	<p>Road Run</p> <p>30 minutes</p>