

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm-up Cubs</p> <p>Long Distance Tech</p> <p>LJ Loading foot 20-10-10 Push-float-turn Gallop- reg and high knee Penultimate step Full jumps</p> <p>Distance 4-6 800 M</p> <p>Cool Down</p> <p>Hip Circuit</p> <p>Core</p>	<p>Warm-up Gold Warm up</p> <p>Long Distance Tech</p> <p>LJ Review Take-off 6 Step Box Jumps</p> <p>Distance Tempo Run</p> <p>Abs</p> <p>Cool Down</p> <p>Core</p>	<p>Warm-up Purple Warm-up</p> <p>LJ Loading Foot 20-10--10 Gallop Penultimate step Run thru 2- jumps</p> <p>Distance Road run- Easy jog to North Park</p> <p>Cool down</p> <p>Core Team bonding</p>	<p>Warm Up Cubs Warm Up</p> <p>Long Distance Tech</p> <p>LJ Loading foot 20-10-10 Push-float-tur n Gallop-reg and high knee 2- run thru</p> <p>Distance Speed work</p> <p>Cool Down</p> <p>Core</p>	<p>Neosho Meet</p> <p>Bus Leaves at 12:15 from Field House</p>	<p>Road Run</p> <p>30 minutes</p>