

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14	15	16	17	18
RED DAY	RED DAY	RED DAY	WEIGHTS 545-715	PICK UP 330-5
21	22	23	24	25
RUNNING 345-515	WEIGHTS 545-715	OFF	OFF	OFF
28	29	30		
RUNNING 345-515	WEIGHTS 545-715	RUNNING 345-515		

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			WEIGHTS 545-715	OFF
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8	9
PRESEASON TRAINING 330-515	PRESEASON TRAINING 330-515	PRESEASON TRAINING 330-515	PRESEASON TRAINING 330-515	OFF
12	13	14	15	16
RUNNING 345-515	WEIGHTS 545-715	RUNNING 345-515	WEIGHTS 545-715	OFF
19	20	21	22	23
RUNNING 345-515	WEIGHTS 545-715	RUNNING 345-515	WEIGHTS 545-715	OFF
26	27	28	29	30
OFF FOR BREAK				

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
RUNNING 345-515	PRESEASON TRAINING 330-515	PRESEASON TRAINING 330-515	PRESEASON TRAINING 330-515	OFF
9	10	11	12	13
RUNNING 345-515	WEIGHTS 545-715	RUNNING 345-515	WEIGHTS 545-715	OFF
16	17	18	19	20
RUNNING 345-515	WEIGHTS 545-715	RUNNING 345-515	WEIGHTS 545-715	OFF
23	24	25	26	27
RUNNING 345-515	WEIGHTS 545-715	RUNNING 345-515	WEIGHTS 545-715	OFF
30	31			
RUNNING 345-515	WEIGHTS 545-715			

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		RUNNING 345-515	WEIGHTS 545-715	OFF
6	7	8	9	10
RUNNING 345-515	WEIGHTS 545-715	RUNNING 345-515	WEIGHTS 545-715	OFF
13	14	15	16	17
RUNNING 345-515	WEIGHTS 545-715	RUNNING 345-515	WEIGHTS 545-715	OFF
20	21	22	23	24
TRYOUTS				