

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	4th of July No workouts					
7	8 Conditioning @SCHS 8AM Bring Running shoes and Cleats	9 Weight room 11 AM @SCHS	10 Conditioning @SCHS 8AM Bring Running shoes and Cleats	11 Weight room 11 AM @SCHS	12	13
14	15 Conditioning @SCHS 8AM Bring Running shoes and Cleats	16 Weight room 11 AM @SCHS	17 Conditioning @SCHS 8AM Bring Running shoes and Cleats	18 Weight room 11 AM @SCHS	19	20
21	22 Conditioning @SCHS 8AM Bring Running shoes and Cleats	23 Weight room 11 AM @SCHS	24 Conditioning @SCHS 8AM Bring Running shoes and Cleats	25	26	27
28	29	30	31			