

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Conditioning @SCHS 8AM Bring Running shoes and Cleats	4 Weight room 11 AM @SCHS	5 Conditioning @SCHS 8AM Bring Running shoes and Cleats	6 Weight room 11 AM @SCHS	7	8
9	10 Conditioning @SCHS 8AM Bring Running shoes and Cleats	11 Weight room 11 AM @SCHS	12 Conditioning @SCHS 8AM Bring Running shoes and Cleats	13 Weight room 11 AM @SCHS	14	15
16	17 Conditioning @SCHS 8AM Bring Running shoes and Cleats	18 Weight room 11 AM @SCHS	19 Conditioning @SCHS 8AM Bring Running shoes and Cleats	20 Weight room 11 AM @SCHS	21	22
23	24 Conditioning @SCHS 8AM Bring Running shoes and Cleats	25 Weight room 11 AM @SCHS	26 Conditioning @SCHS 8AM Bring Running shoes and Cleats	27	28	29
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