

February 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1@ BK Run 40-45Lift	2@BK Run to Philippi 6xhills/run back	3Run 45-50 4xstrides	4@BK run 40 Lift	5Run 45-50 4xstrides	6 60-75 depending on level/4strides
7	8@BK 40 Lift	9@Hill/36 th 8x1 min	10Run 45-50	11@BK Run 40 Lift	12 Run 45-50 4x strides	13 60-75/4strides DST
14	15NO School	16@Shaw Mtn. 5x300	17Run 45-50	18@BK Run 40 Lift	19Run 45-50 4xstrides	20 60-75/4 strides DST
21	22@ BK Run 40 Lift	23@Camel's Back 4x3min	24Run 45-50	25Run 45-50	261 st Practice @BK 3:30	278:30 @Camels Back
28	29					