

~ December 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	DB COMPLEX 4X8 MWF HILLS 30-60M Front squat 4x10 Back squat 4x10			30 School of Mines 7pm Lift Upper Body DISTANCE GROUP 30 MIN RUN EVERYONE ELSE 6 HILLS ON OWN	1 DISTANCE GROUP 50 MIN RUN EVERYONE ELSE OFF DB Complex	2 DISTANCE GROUP 60 MIN RUN
3 EVERYONE OFF	4 DB COMPLEX ON YOUR OWN DISTANCE GROUP 40 MIN EVERYONE ELSE 20 MIN RUN	5 Lift Lower Body FRONT squat DISTANCE GROUP 40 MIN RUN EVERYONE ELSE INS AND OUTS 4 LAPS	6 School of Mines HS meet 7pm DB COMPLEX ON YOUR OWN DISTANCE GROUP 40 MIN EVERYONE ELSE 20 MIN RUN	7 Lift Upper Body Back squat DISTANCE GROUP 30 MIN RUN EVERYONE ELSE 6 HILLS ON OWN	8 Air Force Holiday Open Meet TBD DISTANCE GROUP 50 MIN RUN EVERYONE ELSE OFF DB Complex	9 PRACTICE TBD DISTANCE GROUP 60 MIN RUN
10 EVERYONE OFF	11 Practice at CU 6:00 to 7:30pm DB COMPLEX ON YOUR OWN DISTANCE GROUP 40 MIN	12 Lift Lower Body FRONT squat DISTANCE GROUP 40 MIN RUN EVERYONE ELSE INS AND OUTS 4 LAPS	13 Practice at CU 6:00 to 7:30pm DB COMPLEX ON YOUR OWN DISTANCE GROUP 40 MIN EVERYONE ELSE 20 MIN RUN	14 Lift Upper Body Back squat ON YOUR OWN DISTANCE GROUP 30 MIN RUN EVERYONE ELSE 6 HILLS ON OWN	15 DISTANCE GROUP 50 MIN RUN EVERYONE ELSE OFF DB Complex	16 PRACTICE TBD DISTANCE GROUP 60 MIN RUN
17 EVERYONE OFF	18 Practice at CU 6:00 to 7:30pm DB COMPLEX ON YOUR OWN DISTANCE GROUP 45 MIN RUN	19 Lift Lower Body Front squat DISTANCE GROUP 45 MIN RUN EVERYONE ELSE INS AND OUTS 4 LAPS	20 Practice at CU 6:00 to 7:30pm DB COMPLEX ON YOUR OWN DISTANCE GROUP 40 MIN EVERYONE ELSE 20 MIN RUN	21 Lift Upper Body Back squat ON YOUR OWN DISTANCE GROUP 30 MIN RUN EVERYONE ELSE 8 HILLS ON OWN	22 DISTANCE GROUP 50 MIN RUN EVERYONE ELSE OFF DB Complex	23 PRACTICE TBD Distance Group 60 Min Run
24/31 EVERYONE OFF	25 NO Practice at CU closed for holiday DB COMPLEX ON YOUR OWN DISTANCE GROUP 45 MIN RUN EVERYONE ELSE INS AND OUTS 4 LAPS DB Complex	26 Lift Lower Body Front squat DISTANCE GROUP 45 MIN RUN EVERYONE ELSE INS AND OUTS 4 LAPS	27 Practice at CU 6:00 to 7:30pm DB COMPLEX ON YOUR OWN DISTANCE GROUP 40 MIN EVERYONE ELSE 20 MIN RUN DB Complex	28 Lift Upper Body Back squat DISTANCE GROUP 35 MIN RUN EVERYONE ELSE 6 HILLS ON OWN	29 DISTANCE GROUP 50 MIN RUN EVERYONE ELSE OFF DB Complex	30