

~ January 2018 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DB COMPLEX 4x10 MWF HILLS 60-80m Front Squat 4x10 Back Squat 4x10	1 No Practice at CU Closed for Holiday DISTANCE 40 MIN RUN EVERYONE ELSE 20 min run	2 Lift Lower Body DISTANCE 50 MIN RUN EVERYONE ELSE INS AND OUTS 6 LAPS	3 Practice at CU 6:00 to 7:30pm DB COMPLEX ON YOUR OWN	4 Lift Upper Body Back squat DISTANCE 45 MIN RUN EVERYONE ELSE 8 HILLS ON OWN	5 DISTANCE 45 MIN RUN EVERYONE ELSE OFF	6 PRACTICE TBD DISTANCE 60 MIN RUN
7 USATF CO INDOOR MEET CADET FIELD HOUSE AIR FORCE ACADEMY COLORADO SPRINGS OPTIONAL for HS athletes	8 Practice at CU 7:30pm to 9:00pm DB COMPLEX ON YOUR OWN	9 Lift Lower Body Front squat DISTANCE 50 MIN RUN EVERYONE ELSE INS AND OUTS 6 LAPS	10 Practice at CU 6:00 to 7:30pm DB COMPLEX ON YOUR OWN	11 Lift Upper Body DISTANCE 50 MIN RUN EVERYONE ELSE 8 HILLS ON OWN	12 DISTANCE 40 MIN RUN EVERYONE ELSE OFF	13 PRACTICE TBD DISTANCE 70 MIN RUN
14 USATF CO MLK JR MILE HIGH CLASSIC CADET FIELD HOUSE AIR FORCE ACADEMY COLORADO SPRINGS OPTIONAL for HS athletes	15 NO PRACTICE AT CU closed due to MLK Holiday DISTANCE 40 MIN RUN EVERYONE ELSE 20 min run	16 Lift Lower Body Front squat DISTANCE 50 MIN RUN EVERYONE ELSE INS AND OUTS 6 LAPS	17 Practice at CU 6:00 to 7:30pm DB COMPLEX ON YOUR OWN	18 School of Mines HS Meet 7pm Lift Upper Body Back squat DISTANCE 50 MIN RUN Sprinters 8 HILLS	19 DISTANCE 45 MIN RUN EVERYONE ELSE OFF	20 PRACTICE TBD DISTANCE 60 MIN RUN
21 USATF CO INDOOR MEET CADET FIELD HOUSE AIR FORCE ACADEMY COLORADO SPRINGS OPTIONAL for HS athletes	22 Practice at CU 7:30pm to 9:00pm DB COMPLEX ON YOUR OWN	23 Lift Lower Body Front squat DISTANCE 50 MIN RUN EVERYONE ELSE INS AND OUTS 6 LAPS	24 Practice at CU 6:00 to 7:30pm DB COMPLEX ON YOUR OWN	25 School of Mines HS Meet 7pm Lift Upper Body Back squat DISTANCE 50 MIN RUN Sprinters 10 HILLS	26 DISTANCE 40 MIN RUN EVERYONE ELSE OFF	27 PRACTICE TBD DISTANCE 70 MIN RUN
28 USATF CO INDOOR Championship CADET FIELD HOUSE AIR FORCE ACADEMY COLORADO SPRINGS OPTIONAL for HS athletes	29 Practice at CU 7:30 to 9:00pm DB COMPLEX ON YOUR OWN	30 Lift Lower Body Front Squat DISTANCE 50 MIN RUN EVERYONE ELSE INS AND OUTS 6 LAPS	31 Practice at CU 6:00 to 7:30pm DB COMPLEX ON YOUR OWN			