

~ January 2018 ~

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