

~ February 2018 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DB COMPLEX 4X12 MWF HILLS 80-100M FRONT SQUAT 4x10 BACK SQUAT 4x10				1 School of Mines HS Meet 7pm Lift Upper Body DISTANCE GROUP 50 MIN RUN EVERYONE ELSE 10 HILLS ON OWN	2 AIR FORCE HIGH SCHOOL OPEN	3 AIR FORCE HIGH SCHOOL OPEN
4 EVERYONE OFF	5 Practice at CU 7:30pm to 9:00pm DB COMPLEX ON YOUR OWN	6 Lift Lower Body DISTANCE GROUP 50 MIN RUN EVERYONE ELSE INS AND OUTS 3 LAPS	7 Practice at CU 6:00pm to 7:30pm LAST CU PRACTICE DB COMPLEX ON YOUR OWN	8 School of Mines HS Meet 7pm Lift Upper Body DISTANCE GROUP 50 MIN RUN	9 DISTANCE GROUP 70 MIN RUN EVERYONE ELSE OFF	10 GREAT SOUTHWEST INDOOR ALBUQUERQUE NEW MEXICO
11 EVERYONE else OFF	12 Practice at CU 7:30pm to 9:00pm DB COMPLEX ON YOUR OWN	13 Lift Lower Body DISTANCE GROUP 50 MIN RUN EVERYONE ELSE INS AND OUTS 3 LAPS	14 Practice at CU 6:00pm to 7:30pm LAST CU PRACTICE Indoor Program Done DB COMPLEX ON YOUR OWN	15 EVERYONE OFF	16 EVERYONE OFF	17 EVERYONE OFF
18 EVERYONE OFF	19 EVERYONE OFF	20 EVERYONE OFF	21 EVERYONE OFF	22 EVERYONE OFF	23 EVERYONE OFF	24 EVERYONE OFF
25 EVERYONE OFF	26 HIGH SCHOOL TRACK STARTS	27				