

# JUNE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	Juggling - 650 250 - RF 250 - LF 75 - Head 75 - Mix	Juggling - 650 250 - RF 250 - LF 75 - Head 75 - Mix	Juggling - 650 250 - RF 250 - LF 75 - Head 75 - Mix	Juggling - 650 250 - RF 250 - LF 75 - Head 75 - Mix	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Juggling - 650 250 - RF 250 - LF 75 - Head 75 - Mix	Juggling - 650 250 - RF 250 - LF 75 - Head 75 - Mix	Juggling - 650 250 - RF 250 - LF 75 - Head 75 - Mix	Juggling - 650 250 - RF 250 - LF 75 - Head 75 - Mix	Juggling - 650 250 - RF 250 - LF 75 - Head 75 - Mix	Run 30 minutes
					<b>13</b>
					Run 30 minutes
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
BFS: 9:30 - 11:30	BFS: 7:45 - 9:45  Outdoor Training: 10:15 - 12:00	Juggling - 700 275 - RF 275 - LF 75 - Head 75 - Mix	BFS: 7:45 - 9:45  Outdoor Training: 10:15 - 12:00	Juggling - 700 275 - RF 275 - LF 75 - Head 75 - Mix	Run 30 minutes
					<b>20</b>
					Run 30 minutes
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
BFS: 9:30 - 11:30	BFS: 7:45 - 9:45  Outdoor Training: 10:15 - 12:00	Juggling - 700 275 - RF 275 - LF 75 - Head 75 - Mix	BFS: 7:45 - 9:45  Outdoor Training: 10:15 - 12:00	Juggling - 700 275 - RF 275 - LF 75 - Head 75 - Mix	Run 30 minutes
					<b>27</b>
					Run 30 minutes
<b>28</b>	<b>29</b>	<b>30</b>			
BFS: 9:30 - 11:30	BFS: 7:45 - 9:45  Outdoor Training: 10:15 - 12:00	Juggling - 750 300 - RF 300 - LF 75 - Head 75 - Mix			

# JULY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

			1 <b>NO TRAINING</b>  Juggling - 750 300 - RF 300 - LF 75 - Head 75 - Mix	2   Juggling - 750 300 - RF 300 - LF 75 - Head 75 - Mix	3 Run 30 minutes
					4 Run 30 minutes
5  Juggling - 800 300 - RF 300 - LF 75 - Head 125 - Mix	6 <b>NO TRAINING</b>  Juggling - 800 300 - RF 300 - LF 75 - Head 125 - Mix	7  Juggling - 800 300 - RF 300 - LF 75 - Head 125 - Mix	8 <b>NO TRAINING</b>  Juggling - 800 300 - RF 300 - LF 75 - Head 125 - Mix	9  Juggling - 800 300 - RF 300 - LF 75 - Head 125 - Mix	10 Run 30 minutes
					11 Run 30 minutes
12 <b>BFS: 9:30 - 11:30</b>	13 <b>BFS: 7:45 - 9:45</b>  <b>Outdoor Training: 10:15 - 12:00</b>	14  Juggling - 800 300 - RF 300 - LF 75 - Head 125 - Mix	15 <b>BFS: 7:45 - 9:45</b>  <b>Outdoor Training: 10:15 - 12:00</b>	16  Juggling - 800 300 - RF 300 - LF 75 - Head 125 - Mix	17 Run 30 minutes
					18 Run 30 minutes
19 <b>BFS: 9:30 - 11:30</b>	20 <b>BFS: 7:45 - 9:45</b>  <b>Outdoor Training: 10:15 - 12:00</b>	21  Juggling - 850 325 - RF 325 - LF 75 - Head 125 - Mix	22 <b>BFS: 7:45 - 9:45</b>  <b>Outdoor Training: 10:15 - 12:00</b>	23  Juggling - 850 325 - RF 325 - LF 75 - Head 125 - Mix	24 Run 30 minutes
					25 Run 30 minutes
26 <b>BFS: 9:30 - 11:30</b>	27 <b>BFS: 7:45 - 9:45</b>  <b>Outdoor Training: 10:15 - 12:00</b>	28  Juggling - 850 325 - RF 325 - LF 75 - Head 125 - Mix	29 <b>BFS: 7:45 - 9:45</b>  <b>Outdoor Training: 10:15 - 12:00</b>	30  Juggling - 850 325 - RF 325 - LF 75 - Head 125 - Mix	31 Run 30 minutes

# AUGUST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

					<b>1</b> Run 45 minutes
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Run 45 minutes
<b>Juggling - 850</b> 325 - RF 325 - LF 75 - Head 125 - Mix	<b>Juggling - 850</b> 325 - RF 325 - LF 75 - Head 125 - Mix	<b>Juggling - 850</b> 325 - RF 325 - LF 75 - Head 125 - Mix	<b>Juggling - 850</b> 325 - RF 325 - LF 75 - Head 125 - Mix	<b>Juggling - 850</b> 325 - RF 325 - LF 75 - Head 125 - Mix	<b>8</b> Run 45 minutes
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Run 45 minutes
<b>Juggling - 850</b> 325 - RF 325 - LF 75 - Head 125 - Mix	<b>Juggling - 850</b> 325 - RF 325 - LF 75 - Head 125 - Mix	<b>Juggling - 850</b> 325 - RF 325 - LF 75 - Head 125 - Mix	<b>Juggling - 850</b> 325 - RF 325 - LF 75 - Head 125 - Mix	<b>Juggling - 850</b> 325 - RF 325 - LF 75 - Head 125 - Mix	<b>15</b> Run 45 minutes
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<h1 style="font-size: 4em; color: blue; opacity: 0.5;">SEASON STARTS</h1>					<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>