

# APRIL

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SAT/SUN</u>	<u>TOTAL</u>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
<b>Juggling - 250</b> 100 - RF 100 - LF 25 - Head 25 - Mix  <b>RUN 15 minutes</b>	<b>IN-BETWEEN'S - 250</b>     <b>RUN 15 minutes</b>	<b>Juggling - 250</b> 100 - RF 100 - LF 25 - Head 25 - Mix	<b>TOE TOUCHES - 250</b>     <b>RUN 15 minutes</b>	<b>Juggling - 250</b> 100 - RF 100 - LF 25 - Head 25 - Mix  <b>RUN 15 minutes</b>	<b>IN-BETWEEN'S - 250</b>  <b>RUN 15 minutes</b>	250
					<b>8</b>	250
					<b>TOE TOUCHES - 250</b>     <b>RUN 15 minutes</b>	250
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	250
<b>Juggling - 300</b> 125 - RF 125 - LF 25 - Head 25 - Mix  <b>RUN 20 minutes</b>	<b>TOUCH &amp; DRAG -250</b>     <b>RUN 20 minutes</b>	<b>Juggling - 300</b> 125 - RF 125 - LF 25 - Head 25 - Mix	<b>TOUCH &amp; DRAG -250</b>     <b>RUN 20 minutes</b>	<b>Juggling - 300</b> 125 - RF 125 - LF 25 - Head 25 - Mix  <b>RUN 20 minutes</b>	<b>TOUCH &amp; DRAG -250</b> (INSIDE) <b>RUN 20 minutes</b>	250
					<b>15</b>	300
					<b>TOUCH &amp; DRAG -250</b> (OUTSIDE)     <b>RUN 20 minutes</b>	250
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	100
<b>Juggling - 350</b> 125 - RF 125 - LF 50 - Head 50 - Mix  <b>RUN 25 minutes</b>	<b>STEP OVER/TURN - 100</b>     <b>RUN 25 minutes</b>	<b>Juggling - 350</b> 125 - RF 125 - LF 50 - Head 50 - Mix	<b>PULL BACK - 100</b>     <b>RUN 25 minutes</b>	<b>Juggling - 350</b> 125 - RF 125 - LF 50 - Head 50 - Mix  <b>RUN 25 minutes</b>	<b>STEP OVER/TURN - 100</b>  <b>RUN 25 minutes</b>	350
					<b>22</b>	100
					<b>PULL BACK - 100</b>     <b>RUN 25 minutes</b>	100
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	400
<b>Juggling - 400</b> 150 - RF 150 - LF 50 - Head 50 - Mix  <b>RUN 30 minutes</b>	<b>FIGURE 8 - 100 (IS)</b>     <b>RUN 30 minutes</b>	<b>Juggling - 400</b> 150 - RF 150 - LF 50 - Head 50 - Mix	<b>FIGURE 8 - 100 (OS)</b>     <b>RUN 30 minutes</b>	<b>Juggling - 400</b> 150 - RF 150 - LF 50 - Head 50 - Mix  <b>RUN 30 minutes</b>	<b>FIGURE 8 - 100 (IS)</b>  <b>RUN 30 minutes</b>	100
					<b>29</b>	100
					<b>FIGURE 8 - 100 (OS)</b>     <b>RUN 30 minutes</b>	450
<b>30</b>						400
<b>Juggling - 450</b> 150 - RF 150 - LF 50 - Head 50 - Mix  <b>RUN 35 minutes</b>						100
						400
						100
						450
						<hr style="border: none; border-top: 1px solid black;"/> <b>7150</b> <hr style="border: none; border-top: 1px solid black;"/>