

AUGUST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

TOTAL

		1	2	3	4	
		Juggling - 1050 425 - RF 425 - LF 100 - Head 100 - Mix	SCISSORS STEP - 200	Juggling - 1050 425 - RF 425 - LF 100 - Head 100 - Mix	STEP OVER - 200 RUN 40 minutes	1050 200 1050
			RUN 40 minutes	RUN 40 minutes	5	200 200 1100 250
					6	
6	7	8	9	10	11	1100 250 1100 250
Juggling - 1100 450 - RF 450 - LF 100 - Head 100 - Mix RUN 40 minutes	IN-BETWEEN'S - 250	Juggling - 1100 450 - RF 450 - LF 100 - Head 100 - Mix	TOE TOUCHES - 250	Juggling - 1100 450 - RF 450 - LF 100 - Head 100 - Mix RUN 40 minutes	IN-BETWEEN'S - 250 RUN 40 minutes	250 1100 250 250
			RUN 40 minutes	RUN 40 minutes	12	250
					TOE TOUCHES - 250	7000