JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN	TOTAL
				1 **Juggling - 600** 225 - RF 225 - LF 75 - Head 75 - Mix **RUN** 40 minutes	2 **FIGURE 8 - 100 (IS)** **RUN** 40 minutes 3 **FIGURE 8 - 100 (OS)**	600 100 100 650 200 650 650
4 **Juggling - 650** 250 - RF 250 - LF 75 - Head 75 - Mix **RUN** 40 minutes	5 **STEP OVER - 200** **RUN** 40 minutes	6 **Juggling - 650** 250 - RF 250 - LF 75 - Head 75 - Mix	7 **ON YOUR OWN**	8 **Juggling - 650** 250 - RF 250 - LF 75 - Head 75 - Mix **RUN** 40 minutes	9 **STEP OVER - 200** **RUN** 40 minutes 10 **SCISSORS STEP - 200**	200 200 700 700 700 250 250 750
11 **Juggling - 700** 275 - RF 275 - LF 75 - Head 75 - Mix **RUN** 40 minutes	12 **Juggling - 700** 275 - RF 275 - LF 75 - Head 75 - Mix	13 **Juggling - 700** 275 - RF 275 - LF 75 - Head 75 - Mix **RUN** 40 minutes	14 **Juggling - 700** 275 - RF 275 - LF 75 - Head 75 - Mix	15 **Juggling - 700** 275 - RF 275 - LF 75 - Head 75 - Mix **RUN** 40 minutes	16 **IN-BETWEEN'S - 250** **RUN** 40 minutes 17 **TOE TOUCHES - 250**	750 750 250 250 800 800 800 100
18 **Juggling - 750** 300 - RF 300 - LF 75 - Head 75 - Mix **RUN** 40 minutes	19 **Juggling - 750** 300 - RF 300 - LF 75 - Head 75 - Mix	20 **Juggling - 750** 300 - RF 300 - LF 75 - Head 75 - Mix **RUN** 40 minutes	21 **Juggling - 750** 300 - RF 300 - LF 75 - Head 75 - Mix	22 **Juggling - 750** 300 - RF 300 - LF 75 - Head 75 - Mix **RUN** 40 minutes	23 **TOUCH & DRAG -250** **(INSIDE)** 24 **TOUCH & DRAG -250** **(OUTSIDE)**	100 **11300**
25 **Juggling - 800** 325 - RF 325 - LF 75 - Head 75 - Mix **RUN** 40 minutes	26 **Juggling - 800** 325 - RF 325 - LF 75 - Head 75 - Mix	27 **Juggling - 800** 325 - RF 325 - LF 75 - Head 75 - Mix **RUN** 40 minutes	28 **Juggling - 800** 325 - RF 325 - LF 75 - Head 75 - Mix	29 **Juggling - 800** 325 - RF 325 - LF 75 - Head 75 - Mix **RUN** 40 minutes	30 **STEP OVER/TURN - 100** **RUN** 40 minutes 1 **PULL BACK - 100**	