

2010- MAY PRACTICE

SENIOR GROUP



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 3:30 - 6:15 * lift	4 3:30 - 6:15 * running	5 3:30 - 6:15 * lift	6 3:30 - 6:15 * running	7 3:30 - 5:30	8 8:30 - 11am
9	10 5:10 - 6:40am 3:30 - 6:15 *lift	11 3:30 - 6:15 * running	12 5:10 - 6:40 3:30 - 6:15 * lift	13 3:30 - 5:45 -> no run	14 Marlin Pepsi Invite	15 Marlin Pepsi Invite
16 Marlin Pepsi Invite	17 5:10 - 6:40am 3:30 - 6:15 * lift	18 3:30 - 6:15 * running	19 5:10 - 6:40am 3:30 - 6:15 * lift	20 3:30 - 6:15 * running	21 3:30 - 5:30	22 8 - 10:15am
23	24 5:10 - 6:40am 3:30 - 6:15 * lift	25 3:30 - 6:15 * running	26 5:10 - 6:40am 3:30 - 6:15 * lift	27 3:30 - 6:15 * running	28 3:30 - 5:30	29 8 - 10:15am
30	31 Happy Memorial Day ! (no practice)	1 JUNE 3:30 - 6:15 ahs exams	2 3:30 - 6:15 ahs exams	3 3:30 - 6:15 ahs exams	4 Enjoy the day! (no practice)	5 8 - 10:15am out!