

Week Of Nov 1st

Always 5-10
min warm up

Always Stretch!

Always speed drills

Always cool down (10 min jog)

	Workout A			
Monday	all week tba			Fall Sports Awards
Tuesday				
Wednesday				
Thursday				
Friday	To Peoria?	To Peoria?	To Peoria?	To Peoria?
Weekend	State meet	State meet	State meet	State meet