Boys Winter Training									
Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total	Winter To
Week 1	Run	Run	Run	Run	Run	Run	opt	0	0
Week 2	4	4	5	4	4	4	opt	25	25
Week 3	5	4	6	4	5	4	opt	28	53
Week 4	5	4	6	4	5	4	opt	28	81
Week 5	5	5	7	5	5	5	opt	32	113
Week 6	5	4	6	4	5	4	opt	28	141
Week 7	5	5	7	5	5	5	opt	32	173
Week 8	5	5	7	5	5	5	opt	32	205
Week 9	6	5	8	5	6	5	opt	35	240

Day 1 of Track Practice begins Jan 27th

week #	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total	Winter Total
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									
Week 9									