Girls Winter Training									
Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total	Winter Total
Week 1	Run	Run	Run	Run	Run	Run	opt	0	0
Week 2	4	3	4	3	4	3	opt	21	21
Week 3	3	4	4	4	4	4	opt	23	44
Week 4	3	4	4	4	4	4	opt	23	67
Week 5	4	4	5	4	4	4	opt	25	92
Week 6	3	4	4	4	4	4	opt	23	115
Week 7	4	4	5	4	4	4	opt	25	140
Week 8	4	4	5	4	4	4	opt	25	165
Week 9	5	4	6	4	5	4	opt	28	193

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									