

February 2024 - updated 2/19/2024

~ February 2024 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SPEED WORKOUT #1	2 INTERVAL WORKOUT #7	3
4	5 THRESHOLD WORKOUT #1	6 SPEED WORKOUT #2	7 ENDURANCE WORKOUT #3	8 SPEED WORKOUT #3	9 INTERVAL WORKOUT #1	10
11	12 THRESHOLD WORKOUT #2	13 SPEED WORKOUT #4	14 ENDURANCE WORKOUT #4	15 SPEED WORKOUT #5	16 INTERVAL WORKOUT #2	17
18	19 <i>(NO SCHOOL)</i>	20 Earlybird - C/M/P Practice : 3:30 – 5:30	21 Earlybird - Blocks Practice : 3:30 – 5:30	22 Earlybird - C/M/P Practice : 3:30 – 5:30	23 Practice : 3:30 – 5:30	24 DISTANCE : Steines
25	26 Earlybird - Blocks Practice : 3:30 – 5:30	27 Earlybird - C/M/P Practice : 3:30 – 5:30	28 Earlybird - Blocks Practice : 3:30 – 5:30	29 Earlybird - C/M/P Practice : 3:30 – 5:30 - Hand Out Uniforms		