

January 2024 - updated 10/26/2023

~ January 2024 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1 THRESHOLD WORKOUT #4</b> <i>(NO SCHOOL)</i>	<b>2 SPEED WORKOUT #2</b> <i>(NO SCHOOL)</i>	<b>3 ENDURANCE WORKOUT #2</b> <i>(NO SCHOOL)</i>	<b>4 SPEED WORKOUT #3</b> TRACK MEETING <i>(Comet Time)</i>	<b>5 INTERVAL WORKOUT #3</b>	6
7	<b>8 THRESHOLD WORKOUT #1</b>	<b>9 SPEED WORKOUT #4</b>	<b>10 ENDURANCE WORKOUT #3</b>	<b>11 SPEED WORKOUT #5</b>	<b>12 INTERVAL WORKOUT #4</b>	13
14	<b>15 THRESHOLD WORKOUT #2</b> <i>(NO SCHOOL)</i>	<b>16 SPEED WORKOUT #1</b>	<b>17 ENDURANCE WORKOUT #4</b>	<b>18 SPEED WORKOUT #2</b>	<b>19 INTERVAL WORKOUT #5</b>	20
21	<b>22 THRESHOLD WORKOUT #3</b>	<b>23 SPEED WORKOUT #3</b>	<b>24 ENDURANCE WORKOUT #1</b>	<b>25 SPEED WORKOUT #4</b>	<b>26 INTERVAL WORKOUT #6</b>	27
28	<b>29 THRESHOLD WORKOUT #4</b>	<b>30 SPEED WORKOUT #5</b>	<b>31 ENDURANCE WORKOUT #2</b>			