

# Mon

**Feb 2**

**All  
3:45-5:45**

**We will carve  
out time for:  
Field Events  
Handoffs**



**51-49°**

**Bring Layers**

# Tues

**Feb 3**

**All  
3:45-5:30**

**Sprinters:  
Extensive  
Tempo**



**58-56°**

**Bring Layers!**

# Wed

**Feb 4**

**3:30-5:15  
(Distance)  
6:15am**

**We will carve  
out time for:  
Field Events**



**50°**

**Morning Rain**

# Thur

**Feb 5**

**All  
3:45-5:30**

**Sprinters:  
Recovery  
Circuits  
(will end at 5:00)**



**45°**

**Wear Layers!**

# Fri

**Feb 6**

**3:45-5:15  
(Distance)  
6:15am Inside**

**We will carve  
out time for:  
Field Events  
Handoffs**



**57°**

**Gusty!**