

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!