

February 2010-Pre-Season Outdoor workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Presidents' Day No school	16	17 ^{2:30pm} Hurdles Conditioning Run	18 ^{2:30 pm} Long/Triple Jump Conditioning Run	19 ^{2:30 pm} High jump Conditioning Run	20
21	22 ^{2:30pm} Hurdles Conditioning Run	23 ^{2:30pm} Long/Triple Jump Conditioning Run	24 ^{2:30pm} High Jump Conditioning Run	25 ^{2:30pm} Conditioning Run	26	27
28						