

SENIOR TEAM
Weekly Plan

Wk #2	Plan for April 24 to 30				Distance + TEST SETS		
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30	
6:30-8:45 a.m.	OFF	6:30-8:45 a.m.	OFF	6:30-8:45 a.m.	8:00-11:00 a.m.	OFF	
<u>4000</u> 600K 800P LD/bk +film: CS-PA-KC	OFF	<u>4000</u> 600K 800P SR-L/bk bk=VSR	OFF	<u>4000</u> 600K 800P SR-S/fy fr=VSR fy=VSR	<u>4000</u> 600K 800P 12x50/fr VSR/br + wt TEST	OFF	
5:00-7:00 p.m.	5:00-7:00 p.m.	5:00-7:00 p.m.	5:00-7:00 p.m.	OFF	OFF	OFF	
<u>4000</u> 600K 800P Q-D/br + wts F 25	<u>4000</u> 600K 800P SR-S/fy	<u>4000</u> 600K 800P RP/im + wts F 25	<u>4000</u> 600K 800P Q-D/im	Viva Fiesta! OFF	Viva Fiesta! OFF	Viva Fiesta! OFF	