

SENIOR TEAM

Weekly Plan

Wk #4	Plan for May 8 to 14				Distance		
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14	
6:30-8:45 a.m.	OFF	6:30-8:45 a.m.	OFF	6:30-8:45 a.m.	^{w/u} 7:30 meet 9am	OFF	
<u>5000</u> 700K 900P LD/bk +film: CHZ-WF-JF	OFF	<u>5000</u> 700K 900P SR-L/bk	OFF	<u>5000</u> 700K 900P SR-S/fy	mental after ^{w/u} Personal Goals	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.	^{w/u} 5pm meet 6pm	^{w/u} 4pm meet 5pm	OFF	
<u>5000</u> 700K 900P Q-D/br + wts F 30	<u>5000</u> 700K 900P SR-S/fy	<u>5000</u> 700K 900P RP/im + wts F 30	<u>5000</u> 700K 900P Q-D/im	50 fr 200 im	50 bk 100 fr 50 br 50 fy	OFF	