

Week #1 - Indoor Spring Teams

	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb
PLAN A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:30-6:30p -LX (Fitness) TR	3:30-5:30p - LX - turf	3:30-5:30p - LX - turf	3:30-5:30p - LX - turf	3-5p - LX - turf	10a-12p LX - turf	
	4:30-6:30p -SB - 2cts/4-6 -Scott	4:30-6:30p - SB - 4cts	4:30-6:30p -SB - 2cts/4-6 -Scott	4:30-6:30p - SB - 4cts	3-5p - SB - Scott		
WT.RM		Ix 5:45-6:30p	Sb 5:45p-6:15pm (1st wk only)	Ix 5:45-6:30p	sb 3-5p		
PLAN B	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(weather)	4:30-6:30p -SB - 2cts	3:30-5p LX - 4cts	3:30-5p LX - 4cts	3:30-5p LX - 4cts	3-5p - LX - 4 cts	NO Indoor	
	4:30-6:30p -LX Track (testing)	5p-6:30p SB - 4cts	5p-6:30p SB - 4cts	5p-6:30p SB - 4cts			

Week #2 thru Week #5 - Indoor Spring Teams

	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb
PLAN A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7-9am LX - Turf	6:30-8a TN - 4 cts	3:30-5:30p - LX - turf	6:30-8a TN - 4 cts	3-5p - LX - turf		
	4-6p -SB - 2cts/Scott	3:30-5:30p - LX - turf	4-6p -SB - 2cts/Scott	3:30-5:30p - LX - turf	4-6:15p - TN - 2 cts		
	4:30-7p - TN -2 cts	4:30-6:30p - SB - 4cts	4:30-7p - TN - 2 cts	4:30-6:30p - SB - 4cts	3-5p - SB - Scott		
WT.RM	TN 4-5p	LX 5:45-6:30p	TN 4-5, SB 5:45-6:45pm	LX 5:45-6:30p	SB 3-5p		
PLAN B	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(weather)	4-6pm -SB (4-5pm 4 cts) + scott	6:30-8a TN - 4 cts	3:30-5p -LX - 4 cts	6:30-8a TN - 4 cts	3-4:30p - LX - 4cts		
	5-6:30 LX - 4cts	3:30-5p LX - 4cts	5-6:30 - SB - 2 cts	3:30-5p LX - 4cts	4:30-6:15 - TN - 4cts		
	6:30-8p TN - 4cts	5-6:30p -SB 4cts or Scott Gym	5-7p TN - 2cts	5-6:30p -SB 4cts or Scott Gym			

Rail Day. Practices fall between 8 and Noon.
 8-10am SB, 10-12p TN (ITT)
 10am-12pm LX (Turf)