

PN Workouts/Info July 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 ALL SPRINTS, MAKE SURE TO REST FOR ½ DISTANCE, EX: 100YD = 50 SEC REST	2 RUN 2 MILES 20 MINUTES JUGGLING	3 SPRINTS 10X 50 YD 10X 25 YD 20 MIN JUGGLING	4 RUN 2.5 MILES 20 MIN JUGGLING	5 SPRINTS 5 X 100 YD 5 X 50 YD 20 MIN JUGGLING	6 RUN 3 MILES 20 MIN JUGGLING	7 RUN 2 MILES SPRINTS 10X 100 YD 20 MIN JUGGLING
8 OFF	9 RUN 3 MILES 20 MIN JUGGLING WORKOUT AT PN 6-7:30PM	10 SPRINTS 10X 50 YD 10X 25 YD WORKOUT AT PN 6-7:30PM	11 RUN 3.5 MILES 20 MIN JUGGLING WORKOUT AT PN 6-7:30PM	12 20 MIN JUGGLING WORKOUT AT PN 6-7:30PM	13 RUN 4 MILES 20 MIN JUGGLING	14 SPRINTS 5X 100 YD 5X 50 YD 5X 25 YD 20 MIN JUGGLING
15 OFF	16 RUN 4 MILES 20 MIN JUGGLING WORKOUT AT PN 6-7:30PM	17 SPRINTS 10X 50 YD 10X 25 YD WORKOUT AT PN 6-7:30PM	18 RUN 4 MILES 20 MIN JUGGLING WORKOUT AT PN 6-7:30PM	19 SPRINTS 10X 100 YD 20 MIN JUGGLING WORKOUT AT PN 6-7:30PM	20 OFF	21 RUN 4.5 MILES 20 MIN JUGGLING
22 OFF	23 RUN 4.5 MILES 20 MIN JUGGLING WORKOUT AT PN 6-7:30PM	24 SPRINTS 10X 100 YD 5X 50 YD WORKOUT AT PN 6-7:30PM	25 RUN 5 MILES WORKOUT AT PN 6-7:30PM	26 SPRINTS 10X 100 YD 5X 50 YD WORKOUT AT PN 6-7:30PM	27 SPRINTS 10X 100 YD 10X 50 YD 30 MIN JUGGLING	28 RUN 5 MILES 30 MIN JUGGLING
29 OFF	30 OPTIONAL TEAM CAMP AT WMU 10AM-12PM WORKOUT AT PN 6-7:30PM	31 RUN 5 MILES WORKOUT AT PN 6-7:30PM				

August 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 TEAM CAMP AT WMU 10AM-12PM	2 OFF	3 TEAM CAMP ALL-DAY TOURNAMENT, THERE WILL BE A AM & PM GROUP	4 OFF
5 OFF	6 SENIORS WILL BE IN CHARGE OF ALL WORKOUTS IN AUGUST	7	8	9	10	11 OFF
12 OFF	13 TRYOUTS 9AM-12PM (AT TRACK) & 6-8PM	14 TRYOUTS 9AM-12PM & 6-8PM	15 TRYOUTS 9AM-12PM & 6-8PM	16 JV & VARSITY PRACTICE 4-6PM MANDATORY PARENT MTG TIME TBA	17 VARSITY AT SALINE (<i>carpool</i>) 10AM v Brighton 1PM v Rochester 3PM v R. Adams 5PM v Saline	18 OFF
19 OFF	20 PRACTICES TBA	21 MEN'S & WOMEN'S ALUMNI GAME 6PM @ PN	22 PRACTICE TBA	23 HOME V LOY NORRIX JV 5PM V 6:45PM	24 PRACTICE TBA	25 PORTAGE INVITATIONAL TIMES TBA
26 OFF	27 PRACTICE TBA	28 HOME V WEST OTTAWA JV 5PM V 6:45PM	29 PRACTICE TBA	30 AT OKEMOS BUS LEAVES @ 12PM JV 2PM V 4PM	31	