

December 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26 EASY RUN WU 20 minutes	27 EASY RUN WU 25 minutes	28 * STICKWORK	29 <u>BODY WORK</u> * Team Workout	30 <u>SPRINT</u> WU SPRINT #1 CD * <u>STICKWORK</u>	1 OFF
2 <u>Long Run</u> 60 minutes * Wallball Indoor	3 WEEK 2 <u>EASY RUN</u> WU 35 minutes CD	4 <u>Interval</u> Interval #1 * Wallball	5 <u>15:14 RUN</u> * <u>STICKWORK</u>	6 <u>BODY WORK</u> * Team Workout	7 <u>SPRINT</u> SPRINT WKT #2	8 <u>Interval</u> Interval #1
9 <u>Long Run</u> 60 minutes * Wallball Indoor	10 WEEK 3 <u>EASY RUN</u> 40 minutes	11 * <u>STICKWORK</u>	12 <u>FARTLEK RUN</u> Fartlek #2	13 <u>BODY WORK</u> * Team Workout	14 <u>SPRINT</u> SPRINT WKT #4	15 <u>Interval</u> Interval #2
16 <u>Long Run</u> 60 minutes Indoor	17 WEEK 4 <u>EASY RUN</u> 45 minutes CD	18 <u>FARTLEK RUN</u> WU Fartlek #3 CD * <u>STICKWORK</u>	19 OFF * <u>STICKWORK</u>	20 <u>BODY WORK</u> * Team Workout	21 <u>SPRINT</u> SPRINT WKT #3 * <u>STICKWORK</u>	22 OFF
23 <u>Long Run</u> 60 minutes	24 WEEK 5 OFF	25 <u>15:14 RUN</u>	26 <u>EASY RUN</u> WU 35 minutes * <u>STICKWORK</u>	27 <u>FARTLEK RUN</u> Fartlek #4	28 <u>EASY RUN</u> WU 35 minutes * <u>STICKWORK</u>	29 <u>Interval</u> Interval #3

January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 <u>INTERVALS</u> WU INTERVAL WKT #1	31 WEEK 6 <u>EASY RUN</u> WU 45 minutes	1 <u>CROSS TRAINING</u> 60 minutes * STICKWORK	2 15:14 <u>RUN</u>	3 <u>BODY WORK</u> * Team Workout	4 <u>SPRINT</u> SPRINT WKT #2	5
6 Pre Season Program Session 1	7 WEEK 7 OFF	8 <u>CROSS TRAINING</u> 60 minutes * STICKWORK	9 15:14 <u>RUN</u>	10 <u>BODY WORK</u> * Team Workout	11 * STICKWORK	12 <u>SPRINT</u> SPRINT WKT #3
13 UNC Clinic	14 WEEK 8 OFF	15 <u>Interval</u> Interval #2 * STICKWORK	16	17 <u>BODY WORK</u> * Team Workout	18 <u>FARTLEK RUN</u> WU Fartlek #2	19 <u>CROSS TRAINING</u> 60 minutes
20 Pre Season Program Session 2	21 WEEK 9 OFF	22 <u>EASY RUN</u> WU 45 minutes CD	23 <u>CROSS TRAINING</u> 90 minutes * STICKWORK	24 <u>BODY WORK</u> * Team Workout	25 <u>BODY WORK</u> WU 10 minute jog BW #3	26 <u>SPRINT</u> SPRINT WKT #2
27 Pre Season Program Session 3	28 WEEK 10 <u>Easy RUN</u> WU 30 minutes	29 <u>Interval</u> Interval #2 * STICKWORK	30 <u>STRETCH</u> 30 minutes	31 <u>BODY WORK</u> * Team Workout		

February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 INTERVAL WU INTERVAL #1 CD * STICKWORK	2 BODY WORK WU 10 minute jog BW #3 CD
3 Pre Season Program Session 4	4 WEEK 11 <u>15:14 RUN</u> WU CD	5 <u>Long Run</u> 60 minutes * STICKWORK	6	7 <u>BODY WORK</u> * Team Workout * STICKWORK	8 <u>STRETCH</u> WU 30 minutes CD	9 <u>CROSS TRAINING</u> 60 minutes * STICKWORK
10 Pre Season Program Session 5	11 PRACTICE STARTS!!					
		First Game				