**Week January 4th**

-I still need several forms/waivers

-Jackets are in

-Plan for cold this week-you will be outside for part of it.

-Have helmets, poles, skis (if not waxed yet), boots, hats, gloves, running shoes, warm socks and clothes

-This can change at any point.

**Monday: 3:00-4:50**

-run

-rollerski

**Tuesday: 3-4:50**

-2 mile time trial

-ploys

**Wednesday: 3 to 4:50**

-run

-weight room

-roller ski

**Thursday:** 2:30 to 5:00….off campus

**Friday:** 3:00-4:50 TBD

**Saturday:** 9:30 to 11:00….unless we have snow. I will look to see if there is snow anywhere close enough to take a bus trip to.