|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  |  |
|  | 9  -Brief intro  -Run  -Website | 10 Rain  -Run  -Plyo’s/Weight  -Push-up Challenge  --bound hill/school beginners | 11  No School  No Practice  Run on own | 12 Rain  -pull-ups  -Rollerski?  -run  -bound hill/school beginners  -webpage | 13  -run to orchards  -run hills  -bounding adv group  -roller ski beginners | 14  -Spring farm. Long run  9 to 10:30 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22  Kingston Roller Ski Race | 23 | 24 | 25 | 26  Happy Turkey Day  Turkey Trot | 27  No Practice | 28 |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |

Month: November