**Group A Winter Conditioning**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Total |
| 11/11 - 11/17 | 5 | 5 | 5 | 5 | 5 | 7 | 3 | 35 |
| 11/18 - 11/24 | 5 | 5 | 5 | 5 | 5 | 8 | 2 | 35 |
| 11/25 - 12/1 | 6 | 6 | 6 | 6 | 6 | 8 | 2 | 40 |
| 12/2 - 12/8 | 7 | 8 | 7 | 7 | 7 | 9 | OFF | 45 |
| 12/9 - 12/15 | 7 | 6 | 7 | 6 | 7 | 9 | OFF | 42 |
| 12/16 - 12/22 | 7 | 7 | 7 | 7 | 6 | 10 | 3 | 47 |
| 12/23 - 12/29 | 8 | 8 | 8 | 8 | 7 | 10 | 3 | 52 |
| 12/30 - 1/5 | 8 | 7 | 7 | 8 | 7 | 10 | 2 | 49 |
| 1/6 - 1/12 | 8 | 8 | 8 | 8 | 7 | 11 | 2 | 52 |

The numbers above are in miles. You should be able to run the entire time. Following this will be the best way to be ready for the upcoming season.

Julien D, Keith M, Devin P, Owen S