

# February

			Activity	Level	Hours	Notes	Location
6	Monday	am					
		pm	off				
7	Tuesday	am	off				
		pm	classic	2	1.25	club classic day! Easy with technique, games with jets?	golf course
8	Wednesday	am					
		pm	classic	5	1.25	intervals 1min and down	North Side HS
9	Thursday	am	drive			drive, meet 6:30am at Mike's Conoco	Mike's Conoco
		pm	jog or skate	2	.5-1		
10	Friday	am	skate/classic		1.5	course preview, speeds	McCall
		pm					
11	Saturday	am	skate 5,10k			JNQ #3	McCall
		pm					
12	Sunday	am	classic 5k			JNQ #3	McCall
		pm	drive				