

WE ARE IRC!!

IRC JUNIORS TRAINING February 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Junior Indoor Practice starts 4:15 @ Monon 8' warm up 20 L4	5 JR 3:30 or 4:15 8' warm up L3	6 3:30 or 4:15 8' warm up 40 L4	7 3:30 or 4:15 8' warm up 30 L4	8 3:30 or 4:15 Move ergs to BUTLER AFTER PRACTICE	9 L1 Indoor sprints Butler 10-2 MOVE ERGS BACK AFTER
10	11 3:30 or 4:15 8' warm up L3	12 3:30 or 4:15 8' warm up 40 L4	13 3:30 or 4:15 8' warm up 30 L4	14 3:30 or 4:15 8' warm up 40 L4	15 3:30 or 4:15 15' warm up 6K timed L2	16
17	18 3:30 or 4:15 8' warm up 50 L4	19 3:30 or 4:15 8' warm up L3	20 3:30 or 4:15 8' warm up 50 L4	21 3:30 or 4:15 8' warm up 20 L4	22 3:30 or 4:15 15' Warm up L1	23
24	25 3:30 or 4:15 8' warm up L3	26 3:30 or 4:15 8' warm up 40 L4	27 3:30 or 4:15 8' warm up 60 L4	28 3:30 or 4:15 15' Warm up L2	29 3:30 or 4:15 8' warm up 40 L4	