

**Week of / Date: 01-16-2018 - 01-21-2018**

<b>Monday</b>	NO TEAM ACTIVITIES	Core	Wt. Rm
<b>Tuesday</b>	3:00pm - 4:30pm HJers and Throwers and Hurdles to WSS Gym  D-Crew - Workout w/Irving TBA  4:30pm - 5:15pm Team Meeting, attendance and workouts/Throwers weight room		
<b>Wednesday</b>	3:00 pm - 5:15 pm Team Practice Room 114.  D-Crew - 5-8 Miles w/ Irving		
<b>Thursday</b>	3:00 pm - 4 pm Teacher's Mtg. Until 4pm  D-Crew - Workout w/Irving 3:45  4:30pm - 5:15pm Meet in room 114 at 4 pm.		
<b>Friday</b>	3:00pm - 4:30pm Throwers and HJers to WSS Gym and Select HHers.  D-Crew - 5 - 7 miles w/Irving  4:30pm - 5:15pm - TBA		
<b>Saturday</b>			
<b>*Sunday</b>	Regular Season Meet at UN. Follow Cell Blast and Website Banner		