

October 2007

September 2007							October 2007							November 2007							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1	1	2	3	4	5	6							1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30					
30																					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 <ul style="list-style-type: none"> 3:00 PM Run 2 miles within 16-18 minutes 3:30 PM Lift Upperbody 	23 <ul style="list-style-type: none"> 3:00 PM Drill Set ups to leg attacks 3:00 PM Drill 7 basic skills 	24 <ul style="list-style-type: none"> 3:00 PM Run 2 miles within 16-18 minutes 3:30 PM Lift lowerbody 	25 <ul style="list-style-type: none"> 3:00 PM Drill 7 basic skills 3:00 PM Drill set ups and finishes to leg attacks 	26 <ul style="list-style-type: none"> 3:00 PM Run 2 miles within 16-18 minutes 3:30 PM Circuit Lift total body 	27 <ul style="list-style-type: none"> 9:00 AM Active Recovery such as biking, ultimate frisbee, etc.
28 <ul style="list-style-type: none"> Total Rest Day 	29 <ul style="list-style-type: none"> 3:00 PM Run 2 miles within 14-16 minutes 3:30 PM Lift Upperbody 	30 <ul style="list-style-type: none"> 3:00 PM Drill 7 basic skills; offensive attacks; defensive attacks 	31 <ul style="list-style-type: none"> 3:00 PM Run 2 miles within 14-16 minutes 3:30 PM Lift lowerbody 	1 <ul style="list-style-type: none"> 3:00 PM Drill 7 basic skills; Stand up Technique 	2 <ul style="list-style-type: none"> 3:00 PM Run 2 miles within 14-16 minutes 3:30 PM Circuit Lift total body 	3 <ul style="list-style-type: none"> 9:00 AM Active Recovery such as biking, ultimate frisbee, etc.

