

July 2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2	3
4	5 LIFT ABS Wk.1 .5 mile run	6 Speed/Agil/ PLYOS Wk #1	7 LIFT ABS Wk.1 .5 mile run	8 Speed/Agil/ PLYOS Wk #1	9	10 Run #1
11	12 LIFT ABS Wk.2 1 mile Run SYR CAMP	13 Speed/Agil/ PLYOS Wk #2 SYR CAMP	14 LIFT ABS Wk.2 1 mile run SYR CAMP	15 Speed/Agil/ PLYOS Wk #2	16	17 Run # 2
18	19 LIFT/ABS Wk.3 1.5 mile run	20 Speed/Agil/ PLYOS Wk #3	21 LIFT/ABS Wk.3 2 mile run	22 Speed/Agil/ PLYOS Wk #3	23	24 Run # 3
25	26 LIFT/ABS Wk. 4 2 mile run	27 Speed/Agil/ PLYOS Wk #4	28 LIFT/ABS Wk. 4 2.5 mile run	29 Speed/Agil/ PLYOS Wk #4	30	31 Run # 4

Penfield Field Hockey

2010

August 2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 LIFT/ABS Wk. 5 2.5 mile run	3 Speed/Agil/ PLYOS Wk #5	4 LIFT/ABS Wk. 5 2.5 mile run	5 Speed/Agil/ PLYOS Wk #5	6	7 Run # 5
8	9 LIFT/ABS Wk. 6 3 mile run	10 Speed/Agil/ PLYOS Wk #6	11 LIFT/ABS Wk. 6 3 mile run	12 Speed/Agil/ PLYOS Wk #6	13	14 Penfield Annual Tournament 2010
15	16 LIFT/ABS Wk. 6	17 Run # 6	18 LIFT/ABS Wk. 6 Speed/Agil/ PLYOS Wk #6	19 REST	20 First Day of Try-outs!!! TIME: TBD	21

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