

# JANUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
					1 New Year's Day NO LIFTING	2																																																																																				
3	4 Lifting 6am-7:15am 3:05pm-4:20pm	5	6 Lifting 6am-7:15am 3:05pm-4:20pm	7	8 Lifting 6am-7:15am 3:05pm-4:20pm	9																																																																																				
10	11 Lifting 6am-7:15am 3:05pm-4:20pm	12	13 Lifting 6am-7:15am 3:05pm-4:20pm	14 Lifting 6am-7:15am 3:05pm-4:20pm	15 TEACHER INST NO SCHOOL NO LIFTING	16																																																																																				
17	18 NO SCHOOL NO LIFTING	19 Lifting 6am-7:15am 3:05pm-4:20pm	20 Lifting 6am-7:15am 3:05pm-4:20pm	21	22 Lifting 6am-7:15am 3:05pm-4:20pm	23																																																																																				
24	25 Lifting 6am-7:15am 3:05pm-4:20pm	26	27 Late Start Day No A.M. Lifting Group! Lifting 3:05pm-4:30pm **Track Athletes will lift after their practice	28	29 Lifting 6am-7:15am 3:05pm-4:20pm	30																																																																																				
31		<b>December 2009</b> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			<b>February 2010</b> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28							<b>Notes:</b> <b>Late Start Day 1/27</b> - Those NOT in track will lift after school; those IN track will have practice and lift after practice. <b>Max Outs</b> - First Week of February
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# FEBRUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																
	<b>1</b> Max Out Squat Power Clean	<b>2</b>	<b>3</b> Max Out Incline Push Jerks	<b>4</b>	<b>5</b> Max Out Front Squat Bench	<b>6</b>																																																																																																
<b>7</b>	<b>8</b> Lifting 6am-7:15am 3:05pm-4:20pm	<b>9</b>	<b>10</b> LATE START DAY No A.M. Lifting Group! Lifting 3:05pm-4:30pm **Track Athletes will lift after their practice	<b>11</b> Lifting 6am-7:15am 3:05pm-4:20pm	<b>12</b> NO SCHOOL NO LIFTING	<b>13</b>																																																																																																
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