**Week December 7th**

**Weather or coaches available may change practices around.**

**Monday: 3-4:50 Push-up challenge**

- Hill bounding at orchards. Maybe some hill runs or hill bounding

**Tuesday: 2:30-5:00 off campus**

-long run at Spring Farm

**Wed: 3-4:50 Push-up challenge**

-20 minute run

-Weight room and plyo

**Thursday:** off campus 2:30 to 4:50 rollerski somewhere

**Friday:** 3-4:50 **Push-up challenge**

-wax clinic for beginners

-plyos/weights

-4 x 4 or 2 x 8 or 2 x 10 with 1 minute rest between

**Sat:** 9-10:30: most likely roller-ski somewhere.