**Week November 30th**

**Weather may change any day.**

**Monday: 3-4:50 Come early for Push-up challenge**

- Run to Cherry Hill- carry skate poles, put boots and helmets in my car.

-Run/ski work-out

-Run will be; 1 minute hard, 1 minute jog/2’ hard-1’jog/3’ hard-1’jog: Repeat until time is up

**Tuesday: 3-4:40 This may be a weight room day instead.**

-Roller ski for returners with Coach Ruoff

-Wax clinic for beginners and run

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

Track work-Threshold work: 4 x 4 or 2 x 8 or 2 x 10

2 mile time trial for those that missed

**Thursday:** off campus 2:30 to 4:50 to Pine Road

**Friday:** 3-4:50 TBA

-Push-up challenge

**Sat:** 9-10:30: TBA