

PCHS CC 2017

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 7am-Run 8am-Weightlifting	6 7am-Run/Grass Drills	7 7am-Run 8am-Weightlifting	8	9	10
11	12 7am-Run 8am-Weightlifting	13 7am-Run/Grass Drills	14 7am-Run 8am-Weightlifting	15	16	17
18	19 7am-Run 8am-Weightlifting	20 7am-Run/Grass Drills	21 7am-Run 8am-Weightlifting	22	23	24
25	26 7am-Run 8am-Weightlifting	27 7am-Run/Grass Drills	28 7am-Run 8am-Weightlifting	29	30	

INFO

Location
All training sessions will be at PCHS, unless coaches give prior notice via meeting or text.

Contact Info
Coach Simpson: 719-250-4054
asimpson@district70.org
Coach Tiff: 719-569-6708
tiffany.reno@pueblocitieschools.us

Summer Program
Summer training sessions are not mandatory, but are recommended.

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4		5 7am-Run 8am-Weightlifting	6	7 8
9	10 7am-Run 8am-Weightlifting	11 7am-Run/Grass Drills	12 7am-Run 8am-Weightlifting	13	14	15
16	17 7am-Run 8am-Weightlifting	18 7am-Run/Grass Drills	19 7am-Run 8am-Weightlifting	20	21	22
23	24 7am-Run 8am-Weightlifting	25 7am-Run/Grass Drills	26 7am-Run 8am-Weightlifting	27	28	29
30	31					