|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  |  |
|  | 9-Brief intro-Run-Website | 10 Rain-Run-Plyo’s/Weight-Push-up Challenge--bound hill/school beginners | 11No SchoolNo PracticeRun on own | 12 Rain-pull-ups-Rollerski?-run-bound hill/school beginners-webpage | 13-run to orchards-run hills-bounding adv group-roller ski beginners | 14-Spring farm. Long run9 to 10:30 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22Kingston Roller Ski Race | 23 | 24 | 25 | 26Happy Turkey DayTurkey Trot | 27No Practice | 28 |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |

Month: November