

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b> <b>Hot Springs</b> <b>Time Trial #2</b>	<b>2</b> <i>Running</i>	<b>3</b>
<div style="border: 2px solid black; padding: 5px; text-align: center;"> <h1>Age Class</h1> <h1>X-Country</h1> </div>				Howelsen Hill 4:00 – 6:00	Howelsen Hill 4:00 – 6:00	
		<b>6</b> <i>Running</i> and Strength	<b>7</b>	<b>8</b> No School <i>Roller Ski</i>	<b>9</b> No School <i>Running/</i> <i>Bounding</i>	<b>10</b>
		Howelsen Hill 4:00 – 5:45		Howelsen Hill 4:00 – 5:45	Howelsen Hill 4:00 – 5:45	
<b>11</b>	<b>12</b>	<b>13</b> Relays/Games <i>Running</i>	<b>14</b>	<b>15</b> <i>Roller Ski</i>	<b>16</b> <i>Running</i> Intervals	<b>17</b>
<div style="border: 2px solid black; padding: 5px; text-align: center;"> <h1>November</h1> <h1>2012</h1> </div>		Howelsen Hill 4:00 – 5:45		Howelsen Hill 4:00 – 5:45	Howelsen Hill 4:00 – 5:45	
		<b>20</b> <i>Running</i> Core/Strength	<b>21</b> NO SCHOOL! <i>Mount Werner</i> <i>Scholarship Day</i>	<b>22</b> NO SCHOOL! Thanksgiving Day Enjoy ☺ No Training	<b>23</b> NO SCHOOL! Train on your own Skate ski if possible 60 minute ski or 45 minute run	<b>24</b>
<div style="border: 1px solid black; padding: 5px;"> <p>→ Depending on snow conditions, there may be changes to the schedule. Please keep ski gear ready in the event we can ski on Bruce's Trail or at Howelsen Hill.</p> <p>→ Always have running shoes, water bottle and appropriate clothes for the weather.</p> </div>		Howelsen Hill 4:00 – 5:45		Howelsen Hill 4:00 – 5:45	Howelsen Hill 4:00 – 5:45	
		<b>27</b> <i>Run</i> or <i>Classic Ski</i>	<b>28</b>	<b>29</b> <i>Run</i> or <i>Skate Ski</i>	<b>30</b> <i>Run</i> or <i>Skate Ski</i>	
		Howelsen Hill 4:00 – 5:45		Howelsen Hill 4:00 – 5:45	Howelsen Hill 4:00 – 5:45	