

April

2017

April training... happens when it's raining – Dress for the weather!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				30 Max Bell 5:30pm	31 No workout	1 Westview Park 11:00am
2 Max Bell Noon	3 Max Bell 5:30pm	4 Max Bell 5:30pm	5 Max Bell 5:30pm	6 Max Bell 5:30pm	7 No workout	8 Westview Park 11:00am
9 Churchill Drive West Pumphouse 11:00am	10 Max Bell 5:30pm	11 Max Bell 5:30pm	12 Max Bell 5:30pm	13 PanAm Track 5:30pm	14 No workout	15 Westview Park 11:00am
16 Max Bell Noon or PanAm Track 10:00am - TBD	17 PanAm Track 5:30pm	18 PanAm Track 5:30pm	19 PanAm Track 5:30pm	20 PanAm Track 5:30pm	21 Snow Bunny Invitational	22 Westview Park 11:00am Snow Bunny Invitational
23 Churchill Drive West Pumphouse 11:00am	24 PanAm Track 5:30pm	25 PanAm Track 5:30pm	26 PanAm Track 5:30pm	27 PanAm Track 5:30pm	28 Last Chance Spring Invitational	29 Westview Park 11:00am Last Chance Spring Invitational
30 PanAm Track 10:00am						