

WAC DISTANCE WINTER WORKOUTS 2019/2020

Name: _____

Dec 9 <i>Three Months to Track</i>	Dec 10	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15
Dec 16	Dec 17	Dec 18	Dec 19	Dec 20	Dec 21	Dec 22
Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29
Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5
Jan 6	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12
Jan 13	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19
Jan 20	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25	Jan 26
Jan 27	Jan 28	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2
Feb 3	Feb 4	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9
Feb 10	Feb 11	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17
Feb 18	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24
Feb 25	Feb 26	Feb 27	Feb 28	Feb 29	Mar 1	Mar 2
Mar 3	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9 First Day of Track

#ALLIN #BAM #GOALSEQUALGAINS #SEEPROGRESS #WACDIST

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