

# Monday October 7th

- 3:45pm Roll Call & Go warmup
- 4:10pm 20 Min run
- 4:30pm Rotation #1 Begins
- 4:55pm Rotation #2 Begins
- 5:20pm Rotation #3 Begins
- 5:30pm BOTW & Announcements

## Station Day

Each Station should take no more than 10 minutes to complete

Groups		Rotation #1		Rotation #2		Rotation #3
Alex & Ava	20 min Run	Foam Rolling & Stretching	15 min Run	Core Strength	15 min Run	Hurdle Drills
Evan & Eva	20 min Run	Hurdle Drills	15 min Run	Foam Rolling & Stretching	15 min Run	Core Strength
Jack & Madisson	20 min Run	Core Strength	15 min Run	Hurdle Drills	15 min Run	Foam Rolling & Stretching

