

JANUARY FIP SCHEDULE

MON-FRI: 0630/1100/1600/2230 SAT:1000/2000

<u>5K RUN</u>	<u>GYMNASIUM</u>	<u>TRACK</u>	<u>GYMNASIUM</u>	<u>TRACK</u>	<u>GYMNASIUM</u>
2 - MONDAY DOWN DAY (INDIVIDUAL WORK OUT)	3 - TUESDAY STRENGTH; SPRINTS	4 - WEDNESDAY TIMED LAPS; SPRINTS	5- THURSDAY STRENGTH CIRCUIT	6- FRIDAY TABATA SPRINTS	7 - SATURDAY STRENGTH; SPRINTS
9 - MONDAY PALM TREE GOLF COURSE 5K (PTGC PARKING LOT)	10 - TUESDAY STRENGTH; SPRINTS	11 - WEDNESDAY TIMED LAPS; SPRINTS	12- THURSDAY STRENGTH CIRCUIT	13 - FRIDAY TABATA SPRINTS (NO 0630 FIP DUE TO WING RUN)	14 - SATURDAY STRENGTH; SPRINTS
16 - MONDAY DOWN DAY (INDIVIDUAL WORK OUT)	17 - TUESDAY STRENGTH; SPRINTS	18 - WEDNESDAY TIMED LAPS; SPRINTS	19 - THURSDAY STRENGTH CIRCUIT	20 - FRIDAY TABATA SPRINTS	21 - SATURDAY STRENGTH; SPRINTS
23 - MONDAY PALM TREE GOLF COURSE 5K (PTGC PARKING LOT)	24 - TUESDAY STRENGTH; SPRINTS	25 - WEDNESDAY TIMED LAPS; SPRINTS	26 - THURSDAY STRENGTH CIRCUIT	27 - FRIDAY	28 - SATURDAY
30 - MONDAY MOCK PT TEST (TRACK)	31 - TUESDAY STRENGTH; SPRINTS				