



PENN TRACK & FIELD - DECEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 800/1600/3200 3:35-5:15 Outside Locker Room 100/200/400/Hurdles 3:30-4:30 New Weight Room	3 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center	4 800/1600/3200 3:35-5:15 Outside Locker Room	5 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center 800/1600/3200 3:35-5:15 Outside Locker Room	6 100/200/400/Hurdles Jumps Throws Yoga 7:30-8:05 Fitness Center	7
8	9 Throws 7:00-8:00 am Fitness Center Hurdles/Jumps 7:00-8:00 am Schmucker 800/1600/3200 3:35-5:15 Outside Locker Room 100/200/400/Hurdles 3:30-4:30 New Weight Room Pole Vault 7:00-9:00 pm Schmucker	10 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center	11 Throws 7:00-8:00 am Fitness Center Hurdles/Jumps 7:00-8:00 am Schmucker 800/1600/3200 3:35-5:15 Outside Locker Room Pole Vault 7:00-9:00 pm Schmucker	12 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center 800/1600/3200 3:35-5:15 Outside Locker Room	13 100/200/400/Hurdles Jumps Throws Yoga 7:30-8:05 Fitness Center	14
15	16 Throws 7:00-8:00 am Fitness Center Hurdles/Jumps 7:00-8:00 am Schmucker 800/1600/3200 3:35-5:15 Outside Locker Room 100/200/400/Hurdles 3:30-4:30 New Weight Room Pole Vault 7:00-9:00 pm Schmucker	17 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center	18 Throws 7:00-8:00 am Fitness Center Hurdles/Jumps 7:00-8:00 am Schmucker 800/1600/3200 3:35-5:15 Outside Locker Room Pole Vault 7:00-9:00 pm Schmucker	19 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center 800/1600/3200 3:35-5:15 Outside Locker Room	20 100/200/400/Hurdles Jumps Throws Yoga 7:30-8:05 Fitness Center	21
23 Christmas Break	24	25	26	27	28	29

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