



PENN TRACK & FIELD - NOVEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center	8	9
10	11 800/1600/3200 3:35-5:15 Fitness Center	12 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center	13 800/1600/3200 3:35-5:15 Fitness Center	14 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center 800/1600/3200 3:35-5:15 Fitness Center	15	16
17	18 800/1600/3200 3:35-5:15 KAC Locker Room	19 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center	20 800/1600/3200 3:35-5:15 KAC Locker Room	21 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center 800/1600/3200 3:35-5:15 Outside Locker Room	22	23
24	25 800/1600/3200 3:35-5:15 KAC Locker Room	26 100/200/400 Hurdlers/Jumpers/PV Speed Training 7:30-8:05 Fitness Center	27 Thanksgiving Break	28 Thanksgiving Break	29 Thanksgiving Break	30

