

Day	Date	Location	Activity	Time
Week 1				
Monday	27-Jun-11	South Eugene HS turf	Playing	4:00-6:00
Wednesday	29-Jun-11	South Eugene HS turf	Running shoes	8:00-9:45
Friday	1-Jul-11	South Eugene HS turf	Running shoes	8:00-9:45
Week 2				
Tuesday	5-Jul-11	South Eugene HS turf	Playing	4:00-6:00
Wednesday	6-Jul-11	South Eugene HS turf	Running shoes	8:00-9:45
Friday	8-Jul-11	South Eugene HS turf	Running shoes	8:00-9:45
Week 3				
Monday	11-Jul-11	South Eugene HS turf	Playing	4:00-6:00
Wednesday	13-Jul-11	South Eugene HS turf	Running shoes	8:00-9:45
Friday	15-Jul-11	South Eugene HS turf	Running shoes	8:00-9:45
Week 4				
Monday	18-Jul-11	South Eugene HS turf	Playing	4:00-6:00
Wednesday	20-Jul-11	South Eugene HS turf	Running shoes	8:00-9:45
Friday	22-Jul-11	South Eugene HS turf	Running shoes	8:00-9:45
Week 5				
Monday	25-Jul-11	South Eugene HS turf	Playing	8:00-10:00
Wednesday	27-Jul-11	South Eugene HS turf	Running shoes	8:00-9:45
Friday	29-Jul-11	South Eugene HS turf	Running shoes	8:00-9:45
Week 6 Moratorium week				
Week 7				
Monday	8-Aug-11	South Eugene HS turf	Playing	8:00-10:00
Wednesday	10-Aug-11	South Eugene HS turf	Running shoes	8:00-9:45
Friday	12-Aug-11	South Eugene HS turf	Running shoes	8:00-9:45
Week 8				
Monday	15-Aug-11	South Eugene HS turf	Playing	8:00-10:00
Wednesday	17-Aug-11	South Eugene HS turf	Running shoes	8:00-9:45
Friday	19-Aug-11	South Eugene HS turf	Running shoes	8:00-9:45
Monday	22-Aug-11	South Eugene HS turf	Begin daily double	