
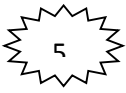








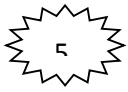




















The following sheets will be laminated and provided the morning of.
 These are for your reference

5000 yard workout options and tally Sheet				
Cross out each star as you reach the distance				
50 x 100	 	 	 	  
25 X 200		 		
10 X 500	 	  	 	  
Ladder: 500 400 300 3 rounds+500 200 100				

8,000 yard workout options and tally sheet

Cross out each star when you reach the count



<p>80 X100</p> <p>5 1</p> <p>1 2 2</p> <p>3 3 4</p> <p>1 5</p> <p>5 6 6</p> <p>7 7 8</p>	<p>1 2 2</p> <p>5 6 6</p>	<p>3 3 4</p> <p>7 7 8</p>
<p>40 X 200</p> <p>5 1</p>	<p>1 2 2</p>	<p>2 2 4</p>
<p>16 X 500</p> <p>2</p>	<p>4 5</p> <p>1 1</p>	<p>2</p> <p>1 1</p>
<p>Ladder;</p> <p>500</p> <p>400</p> <p>300 5 rounds+500</p> <p>200</p> <p>100</p>	<p>Round 1</p> <p>Round 2</p> <p>Round 5</p>	<p>Round 3</p> <p>Round 4</p> <p>Final 500</p>

10,000 yard workout options and tally sheet

Cross out each star when you reach the count

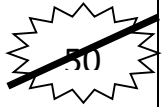



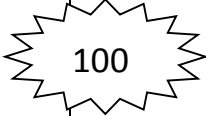

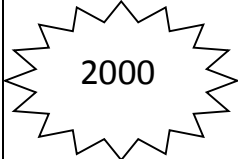

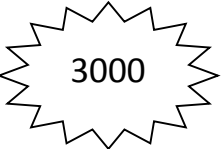
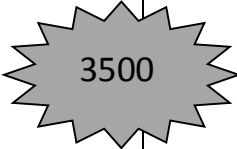
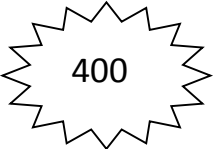


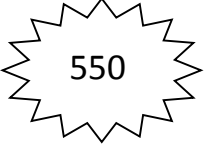
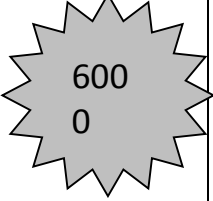
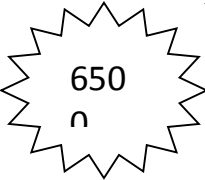

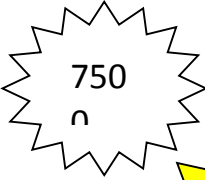

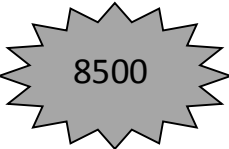
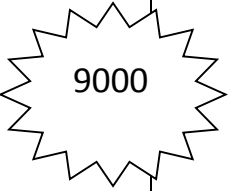


<p>100 X 100</p>		
<p>50 X 200</p>		
<p>20 X 500</p>		
<p>Ladder; 500 400 300 6 rnds+1000 200 100</p>		

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General yardage tally sheet

Cross out each star when you reach each 500



5,000	  	 
	    	
8,000	   	 
10,000	  	
NOTES:		

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