

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	R:3 MILES S:6 LAPS	B:SPINNING CLASS	S:10 LAPS	B:SPINNING CLASS	REST	10am - GROUP: SWIM
7	8	9	10	11	12	13
B:10 MILES R:2 MILES	REST	B:SPINNING CLASS S:10 LAPS	R:4 MILES	B:SPINNING CLASS	GROUP:BIKE/RUN 5:30pm - (No Subject)	S:15 LAPS
14	15	16	17	18	19	20
R:5 MILES	REST	B:SPINNING CLASS R:3 MILES	S:20 LAPS	B:SPINNING CLASS	GROUP:BIKE/RUN 5:30pm - (No Subject)	R:3 MILES S:15 LAPS
21	22	23	24	25	26	27
REST	R:5 MILES	B:SPINNING CLASS S:10 LAPS	REST	REST	B:15 MILES S:15 LAPS	R:4 MILES
28	29	30	31	1	2	3
B:15 MILES	B:10 MILES R:4 MILES	S:20 LAPS	REST	GROUP: BIKE EVENT 8:30am - (No Subject)	R:5 MILES	R:4 MILES S:20 LAPS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 B:15 MILES	29 B:10 MILES R:4 MILES	30 S:20 LAPS	31 REST	1 GROUP: BIKE EVENT 8:30am - (No Subject)	2 R:5 MILES	3 R:4 MILES S:20 LAPS
4 REST	5 R:5 MILES S:20 LAPS	6 B:SPINNING CLASS	7 REST	8 B:SPINNING CLASS	9 GROUP:BIKE/RUN 5:30pm - (No Subject)	10 REST
11 REST	12 BEGIN PROGRAM	13	14	15	16	17 SPRINT TRIATHLON 10am - (No Subject)
18	19	20	21	22	23	24
25 END PROGRAM	26	27	28	29	30	31