

February 2010

January 2010							February 2010							March 2010						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28
25	26	27	28	29	30	31								29	30	31				

■ Athalon Athelet (Beginner)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 6:00 AM Swim 30 Min 2:00 PM Run 30 Min	2 2:00 PM 5 sets of 10 Push ups and 10 Crunches 2:00 PM Bike 30 Min	3 2:00 PM Bike 30 Min 2:00 PM Run 30 Min	4 2:00 PM 3 sets of 20 squats 10 lunges (each leg) 2:00 PM Swim 30 Min	5 2:00 PM REST!	6 2:00 PM Bike 30 Min	7 2:00 PM Run 30 Min
8 2:00 PM Run 30 Min 2:00 PM Swim 30 Min	9 2:00 PM Bike 40 Min 2:00 PM 5 sets of 10 Jumping Jacks 10 Push up and 10 Crunches	10 2:00 PM Run 30 Min 2:00 PM Bike 30 Min	11 2:00 PM Swim 30 Min 2:00 PM 3 sets of 20 Squats 10 Lunges and 15 Crunches	12 2:00 PM REST!	13 2:00 PM Bike 40 min	14 2:00 PM Run 30 min
15 2:00 PM Run 30 Min 2:00 PM Swim 30 Min	16 2:00 PM Bike 40 Min 2:00 PM 5 sets of 10 Push ups and 10 Crunches	17 2:00 PM Bike 30 Min 2:00 PM Run 30 Min	18 2:00 PM 3 sets of 20 squats 10 lunges (each leg) 2:00 PM Swim 30 Min	19 2:00 PM REST!	20 2:00 PM Bike 40 Min	21 2:00 PM Run 30 min
22 2:00 PM Run 20 Min 2:00 PM Swim 30 Min	23 2:00 PM Bike 30 Min	24 2:00 PM Bike or Swim 30 Min	25 2:00 PM Swim 30 Min	26 2:00 PM REST!	27 2:00 PM Bike 30 Min	28 2:00 PM Run 20 Min