

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 (Intermediate)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 2:00 PM Bike 60:00 2:00 PM 5 sets of 10 Push ups and 20 Crunches	2 2:00 PM Run 30:00 2:00 PM Swim 45:00	3 2:00 PM 5 sets of 10 Push ups and 20 Crunches 2:00 PM Bike 90:00	4 2:00 PM Swim 30:00 2:00 PM Run 30:00	5 2:00 PM Bike 90:00 w/ Hills	6 2:00 PM Run 50:00 w/ Hills	7 2:00 PM REST!
8 2:00 PM Bike 60:00 2:00 PM 5 sets of 10 Push ups and 20 Crunches	9 2:00 PM Run 30:00 2:00 PM Swim 45:00	10 2:00 PM Bike 90:00 2:00 PM 5 sets of 10 Push ups and 20 Crunches	11 2:00 PM Swim 30:00 2:00 PM Run 30:00	12 2:00 PM Bike 90:00 w/ Hills	13 2:00 PM Run 50:00 w/ Hills	14 2:00 PM REST!
15 2:00 PM Run 50:00 w/ Hills 2:00 PM 5 sets of 10 Push ups and 20 Crunches	16 2:00 PM Swim 45:00 2:00 PM Run 35:00	17 2:00 PM Bike 105:00	18 2:00 PM Run 35:00 2:00 PM Swim 45:00	19 2:00 PM Bike 120:00 w/ Hills	20 2:00 PM Run 60:00 w/ Hills	21 2:00 PM REST!
22 2:00 PM 5 sets of 10 Push ups and 20 Crunches 2:00 PM Bike 60:00	23 2:00 PM Swim 45:00 2:00 PM Run 35:00	24 2:00 PM Bike 105:00	25 2:00 PM 5 sets of 10 Push ups and 20 Crunches 2:00 PM Swim 45:00 2:00 PM Run 35:00	26 2:00 PM Bike 120:00 w/ Hills	27 2:00 PM Run 60:00 w/ Hills	28 2:00 PM REST!