

March 2010

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

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1	5 sets of 10 Push ups and 20 Crunches Bike 1Hr 15 Min	2	Swim 45 Min Run 35 Min	3	Bike 1 Hr 45 Min 5 sets of 10 Push ups and 20 Crunches	4	Swim 45 Min Run 40	5	Bike 2Hr w/Hills	6	Swim 30 Min Recovery/ Low Intensity Run 1Hr 5 Min w/Hills	7	
8	5 sets of 10 Push ups and 20 Crunches Bike 1Hr 15 Min	9	Swim 45 Min Run 35 Min	10	Bike 1 Hr 45 Min 5 sets of 10 Push ups and 20 Crunches	11	Swim 45 Min Run 45 Min	12	Bike 2Hr 15 Min w/Hills	13	Swim 30 Min Recovery/ Low Intensity Run 1 Hr 10 Min w/Hills	14	
15	Bike 60 Min	16	Run 30 Min Swim 45 Min	17	Bike 1Hr 30 Min EASY	18	Swim 45 Min Run 40 Min	19	Bike 2 Hr w/Hills EASY	20	Run 1Hr 5 Min w/Hills Swim 30 Min Recovery/ Low Intensity	21	
22	5 sets of 10 Push ups and 20 Crunches Bike 1Hr 15 Min	23	Swim 45 Min Run 40 Min	24	Bike 2 Hr 2X10 min race pace 5 sets of 10 Push ups and 20 Crunches	25	Swim 50 Min Run 45 Min	26	Bike 2 Hr 45 Min w/Hills	27	Swim 30 Min Recovery/ Low Intensity Run 1 Hr 15 Min w/Hills	28	
29		30		31		1		2		3		4	