

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

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1	Run 35 Min Swim 30 Min	2	5 sets of 10 Push ups and 10 Crunches Bike 45 Min	3	Bike 45 Min Run 30 Min	4	3 sets of 20 squats 10 lunges (each leg) Swim 30 Min	5	REST!	6	Bike 45 Min	7	Run 40 Min
8	Run 35 Min Swim 30 Min	9	5 sets of 10 Push ups and 10 Crunches Bike 45 Min	10	Run 30 Min Bike 45 Min	11	Swim 30 Min 3 sets of 20 squats 10 lunges (each leg)	12	REST!	13	Bike 55 Min	14	Run 45 Min
15	Swim 30 Min Run 35 Min	16	Bike 45 Min 5 sets of 10 Push ups and 10 Crunches	17	Run 30 Min Bike 45 Min	18	Swim 30 Min 3 sets of 20 squats 10 lunges (each leg)	19	REST!	20	Bike 1 Hr 10 Min	21	Run 50 Min
22	Swim 30 Min Run 15 Min	23	Bike 30 Min	24	Bike 30 Min Run 20 Min	25	Swim 30 Min	26	REST!	27	Bike 30 Min	28	Run 30 Min
29		30		31		1		2		3		4	