

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5 5:30pm - TRI	6	7	8 G:GROUP S:SWIM CLASS	9 R:15 MINUTES L5
10 OFF	11 B:20 MINUTES L5	12 R:15 MINUTES L5	13 S:4 LAPS L5	14 B:SPIN CLASS	15 R:1.5 MILES L7	16 B:20 MINUTES L5 S: 4 LAPS L8
17 OFF	18 B:20 MINUTES L7	19 R:20 MINUTES L5	20 S:6 LAPS L5	21 B:SPIN CLASS	22 B:5 MILES L8 G:GROUP R:1 MILE L5	23 R:1 MILE L8
24 OFF	25 S:6 X 1 LAP L5	26 B:20 MINUTES L5 R:10 MINUTES L5	27 S:8 LAPS L5	28 B:SPIN CLASS	29 OFF	30 R:2 MILES L5
31 S:3 X 3 LAPS L8	1 B:20 MINUTES L5	2 R:1.5 MILES L7	3 S:8 LAPS L5	4 B:SPIN CLASS	5 B:5 MILES L5 G:GROUP R:1 MILE L5 S:6 LAPS L5	6 R:2.5 MILES L5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 S:3 X 3 LAPS L8	1 B:20 MINUTES L5	2 R:1.5 MILES L7	3 S:8 LAPS L5	4 B:SPIN CLASS	5 B:5 MILES L5 G:GROUP R:1 MILE L5 S:6 LAPS L5	6 R:2.5 MILES L5
7 OFF	8 B:5 MILES L8 R:2 MILES L5	9 B:SPIN CLASS L8	10 R:2 MILES L5 S:6 LAPS L7	11 OFF	12 R:2.5 MILES L9	13 S:2 X 5 LAPS L7
14 B:8 MILES L5	15 R:3 MILES L5	16 B:SPIN CLASS S:12 LAPS L6	17 OFF	18 B:SPIN CLASS L8	19 B:6 MILE SPIN G: GROUP R:1.5 MILES L5	20 R:3 MILES L7
21 S:2 X 5 LAPS L4	22 R:1.5 MILES L5	23 B:SPIN CLASS L5	24 S:4 X 3 LAPS L8	25 OFF / LIGHT SPIN	26 OFF	27 RACE DAY
28	1	2	3	4	5	6