

FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																																																																																																		
		1 6-7 am 9:30-10:30 <i>Pace</i>	2 7-8:30 pm <i>Pace</i>	3 6-7 am 9:30-10:30 <i>Speed</i>	4 10:30-noon <i>Tech/Video</i>	5 9:00-10:30 <i>Tech/Video</i>																																																																																																		
6 6-7 am 9:30-10:30 <i>Threshold</i>	7 7-8:30 pm <i>Pace</i>	8 6-7 am 9:30-10:30 <i>Pull</i>	9 7-8:30 pm <i>Efficiency</i>	10 6-7 am 9:30-10:30 <i>Desc 50's</i>	11 10:30-noon <i>VO2 Max</i>	12 9:00-10:30 <i>Distance</i>																																																																																																		
13 6-7 am 9:30-10:30 <i>Desc 50's</i>	14 7-8:30 pm <i>Threshold</i>	15 6-7 am 9:30-10:30 <i>Pace</i>	16 7-8:30 pm <i>Kick</i>	17 6-7 am 9:30-10:30 <i>Tech</i>	18 10:30-noon <i>Pace</i>	19 9:00-10:30 <i>Distance</i>																																																																																																		
20 Family Day No Practice	21 7-8:30 pm <i>Tech</i>	22 6-7 am 9:30-10:30 <i>Kick</i>	23 7-8:30 pm <i>Desc 50's</i>	24 6-7 am 9:30-10:30 <i>Speed</i>	25 10:30-noon <i>Threshold</i>	26 9:00-10:30 <i>Distance</i>																																																																																																		
27 6-7 am 9:30-10:30 <i>Tech</i>	28 7-8:30 pm <i>Pull</i>	29 6-7 am 9:30-10:30 <i>Threshold</i>																																																																																																						
		January 2012 <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td><td>Su</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>		M	T	W	Th	F	Sa	Su							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						March 2012 <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td><td>Su</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		M	T	W	Th	F	Sa	Su				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									Notes: Erik Kevin Chad
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