

DECEMBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 6:00-7:00am 9:30-10:30am <i>Distance</i>	2 7:00-8:30pm <i>Pace</i>	3 6:00-7:00am 9:30-10:30am <i>Threshold</i>	4 7:00-8:30pm <i>IM</i>	5 6:00-7:00am 9:30-10:30am <i>Tech</i>	6 10:30-12:00am <i>VO2 Max</i>	7 9:00-10:30am <i>Distance</i>
8 6:00-7:00am 9:30-10:30am <i>Efficiency</i>	9 7:00-8:30pm <i>VO2 Max</i>	10 6:00-7:00am 9:30-10:30am <i>Distance</i>	11 7:00-8:30pm <i>Tech</i>	12 6:00-7:00am 9:30-10:30am <i>Kick</i>	13 10:30-12:00am <i>Pace</i>	14 9:00-10:30am <i>Threshold</i>
15 6:00-7:00am 9:30-10:30am <i>IM</i>	16 7:00-8:30pm <i>Efficiency</i>	17 6:00-7:00am 9:30-10:30am <i>Tech</i>	18 7:00-8:30pm <i>Distance</i>	19 6:00-7:00am 9:30-10:30am <i>VO2 Max</i>	20 10:30-12:00am <i>1000m Trial</i>	21 9:00-10:30am <i>Efficiency</i>
22 6:00-7:00am 9:30-10:30am <i>Pace</i>	23 7:00-8:30pm <i>Threshold</i>	24 6:00-7:00am 9:30-10:30am <i>Kick</i>	25 <i>Off</i>	26 9:00-10:30am <i>Pull</i>	27 10:30-12:00am <i>Distance</i>	28 9:00-10:30am <i>VO2 Max</i>
29 6:00-7:00am 9:30-10:30am <i>Speed</i>	30 7:00-8:30pm <i>Distance</i>	31 6:00-7:00am 9:30-10:30am <i>Pace</i>	1		Notes: Erik Kevin Chad	