



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	5:45a-7:00a Masters Swim	6:30a-7:30a Masters Swim	
	5:45a-7:00a Tri-Swim	5:45a-7:00a Bike Workout	6:00a-7:30a Tri-Track (Clint Small MS)	5:45a-7:00a Bike Workout	5:45a-7:00a Tri-Swim		
MORNINGS	6:00a-7:00a Group Strength	6:00a-7:00a Group Strength	6:00a-7:00a Group Strength	6:00a-7:00a Group Strength	6:00a-7:00a Group Strength		
	7:00a-8:00a Group Strength	7:00a-8:00a Group Strength	7:00a-8:00a Group Strength	7:00a-8:00a Group Strength	7:00a-8:00a Group Strength		
		7:15a-8:30a Bike Workout		7:15a-8:30a Bike Workout	7:00a-8:30a Group Run Deep Eddy - DT (starts 9/14)	7:00a-11:00a Group Bike	7:00a-9:00a Group Run Town lake
	8:00a-9:00a Group Strength	9:00a-10:15a Bike Workout	8:00a-9:00a Group Strength	9:00a-10:15a Bike Workout	8:00a-9:00a Group Strength	8:00-9:00a Group Strength	
MIDDAYS	12:00p-1:00p Group Strength	12:00p-1:00p Group Strength	12:00p-1:00p Group Strength	12:00p-1:00p Group Strength	12:00p-1:00p Group Strength		
	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim	12:00p-1:15p Masters Swim		
EVENINGS	4:30-5:30p Junior Tri Swim	4:30-5:30p Jr Tri @ Veloway		4:30-6:00p Jr Tri @ AASA			
		5:30p-6:30p Group Strength	5:30p-6:45p Tri-Track (Clint Small MS)	5:30p-6:30p Group Strength			
		6:00p-7:15p Bike Workout	7:00p-8:15p Tri Swim	6:00p-7:15p Bike Workout			

