

April

2017

Title	Subtitle					
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		All morning runs meet at the Bunny!	Unless otherwise stated, practices meet at Summers!	Swim on the pool deck, run/bike outside!		1 11 AM- 15k Run
2 11 AM- 60k Ride	3 8:30 AM- 30 min run 8:30 PM- Jess Swim	4 8:30 AM- 30 min run 6 PM- Track Workout and Spin	5 8:30 AM- 30 min run 8:30 PM- Time Trial and Speed Swim	6 8:30 AM- 40 min run 5 PM- 45-minute ride, 30 minute hills	7 Last day of lifting!	8 11 AM- 40k Ride
9 6 AM- GO! Half/ Marathon/Relays	10 8:30 AM- 30 min run 8:30 PM- Final 10x100 set swim	11 8:30 AM- 45 min run 6 PM- 45-minute run, 45-minute spin	12 8:30 AM- 30 min run 8:30 PM- 3300-yard main set swim	13 8:30 AM- 50 min run 5 PM- 30-minute ride, 30-minute run	14 Rest day before 3 day Olympic!	15 11 AM- 10k Run
16 11 AM- 40k ride	17 8:30 PM- 1650 main set, Race Pace	18 6 PM- 2-mile track race pace, 15-minute spin	19 8:30 PM- 1500 stay loose swim	20 5 PM- 2 mile stay loose run, 15-minute spin	21 Deep Stretch, Hydration, & Nutrition	22 Race Day
23	24	25	26	27	28	29
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