

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 5:45am - Masters Swim at Pabst	2 8am - Womens Strength Training	3 5:45am - Masters Swim at Pabst	4 8am - Womens Strength Training	5 6:30am - Masters Swim at Pabst
6	7 8am - Womens Strength Training 6pm - Womens Strength Training	8 5:45am - Masters Swim at Pabst	9 8am - Womens Strength Training 6pm - Womens Strength Training	10 5:45am - Masters Swim at Pabst	11 8am - Womens Strength Training	12 6:30am - Masters Swim at Pabst
13	14 8am - Womens Strength Training 6pm - Womens Strength Training	15 5:45am - Masters Swim at Pabst	16 8am - Womens Strength Training 6pm - Womens Strength Training	17 5:45am - Masters Swim at Pabst 6pm - Yoga @ Fast	18 8am - Womens Strength Training	19 6:30am - Masters Swim at Pabst
20	21 8am - Womens Strength Training 9am - Mountain Biking @ FAST 6pm - Womens Strength Training	22 5:45am - Masters Swim at Pabst 6pm - Team Information Session 6pm - Tuesday Night Runs 6:	23 6am - Junkyard Gym @ FAST 8am - Womens Strength Training 6pm - Womens Strength Training	24 5:45am - Masters Swim at Pabst 9am - Mountain Biking @ FAST 6pm - Yoga @ Fast	25 6am - Junkyard Gym @ FAST 8am - Womens Strength Training	26 6:30am - Masters Swim at Pabst
27	28 8am - Womens Strength Training 9am - Mountain Biking @ FAST 6pm - Womens Strength Training	29 5:45am - Masters Swim at Pabst 6pm - Road to Kona Party! 6pm - Team Information Session	30 6am - Junkyard Gym @ FAST 8am - Womens Strength Training 6pm - Womens Strength Training	1 5:45am - Masters Swim at Pabst 9am - Mountain Biking @ FAST 6pm - Yoga @ Fast	2 6am - Junkyard Gym @ FAST 8am - Womens Strength Training	3 6:30am - Masters Swim at Pabst 8am - Saturday Run

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3
	8am - Womens Strength Training 9am - Mountain Biking @ FAST 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Road to Kona Party! 6pm - Team Information Session	6am - Junkyard Gym @ FAST 8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9am - Mountain Biking @ FAST 6pm - Yoga @ Fast	6am - Junkyard Gym @ FAST 8am - Womens Strength Training	6:30am - Masters Swim at Pabst 8am - Saturday Run
4	5	6	7	8	9	10
	8am - Womens Strength Training 9am - Mountain Biking @ FAST 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Strength Training For	6am - Junkyard Gym @ FAST 8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9am - Mountain Biking @ FAST 6pm - Strength Training For 6pm - Yoga @ Fast	Don Vacation	
11	12	13	14	15	16	17
Don Vacation		5:45am - Masters Swim at Pabst 6pm - Strength Training For	6am - Junkyard Gym @ FAST 8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9am - Mountain Biking @ FAST 6pm - Strength Training For 6pm - Yoga @ Fast	6am - Junkyard Gym @ FAST 8am - Womens Strength Training	6:30am - Masters Swim at Pabst 8am - Saturday Run
18	19	20	21	22	23	24
	8am - Womens Strength Training 9am - Mountain Biking @ FAST 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Team Kickoff Meeting at	6am - Junkyard Gym @ FAST 8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9am - Mountain Biking @ FAST 6pm - Strength Training For 6pm - Yoga @ Fast	6am - Junkyard Gym @ FAST 8am - Womens Strength Training	6:30am - Masters Swim at Pabst 8am - Saturday Run
25	26	27	28	29	30	31
	8am - Womens Strength Training 9am - Mountain Biking @ FAST 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Strength Training For	6am - Junkyard Gym @ FAST 8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9am - Mountain Biking @ FAST 6pm - Strength Training For 6pm - Yoga @ Fast	6am - Junkyard Gym @ FAST 8am - Womens Strength Training	6:30am - Masters Swim at Pabst 8am - Saturday Run

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	5:45am - Computrainer @ FAST 8am - Womens Strength Training 9am - Mountain Biking @ FAST 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6pm - Strength Training For	5:45am - Computrainer @ FAST 6am - Junkyard Gym @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9am - Mountain Biking @ FAST 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6pm - Strength Training For 6:30pm - Yoga @ FAST	6am - Junkyard Gym @ FAST 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 8am - Saturday Run 8:30am - Computrainer @ FAST
8	9	10	11	12	13	14
7am - Computrainer @ FAST	5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For	5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For 6:30pm - Yoga @ FAST	8am - Womens Strength Training 8:30am - Computrainer/Yoga @	6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 8am - Saturday Run 8:30am - Computrainer @ FAST
15	16	17	18	19	20	21
7am - Computrainer @ FAST	5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For	5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For 6:30pm - Yoga @ FAST	8am - Womens Strength Training 8:30am - Computrainer/Yoga @	6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 8am - Saturday Run 8:30am - Computrainer @ FAST
22	23	24	25	26	27	28
7am - Computrainer @ FAST	5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For	5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	Thanksgiving!	8am - Womens Strength Training 8:30am - Computrainer/Yoga @	6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 8am - Saturday Run 8:30am - Computrainer @ FAST
29	30	1	2	3	4	5
7am - Computrainer @ FAST	5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For	5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For 6:30pm - Yoga @ FAST	8am - Womens Strength Training 8:30am - Computrainer/Yoga @	6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 8am - Saturday Run 8:30am - Computrainer @ FAST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 7am - Computrainer @ FAST	30 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	1 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For	2 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	3 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For 6:30pm - Yoga @ FAST	4 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	5 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 8am - Saturday Run 8:30am - Computrainer @ FAST
6 7am - Computrainer @ FAST	7 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	8 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For	9 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	10 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For 6:30pm - Yoga @ FAST	11 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	12 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 8am - Saturday Run 8:30am - Computrainer @ FAST
13 7am - Computrainer @ FAST	14 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	15 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For	16 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	17 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Strength Training For 6:30pm - Yoga @ FAST	18 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	19 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 8:30am - Computrainer @ FAST
20 7am - Computrainer @ FAST	21 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	22 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	23 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	24 Christmas Eve	25 Christmas Day	26 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 8:30am - Computrainer @ FAST
27 7am - Computrainer @ FAST	28 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	29 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	30 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	31 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	1 New Years Day	2 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8:30am - Computrainer @ FAST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 7am - Computrainer @ FAST	28 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	29 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	30 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	31 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	1 New Years Day	2 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8:30am - Computrainer @ FAST
3 7am - Computrainer @ FAST	4 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	5 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	6 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training 6pm - Your Triathlon Training	7 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	8 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	9 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST 10am - Team Run @ FAST
10 7am - Computrainer @ FAST	11 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	12 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	13 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training 7pm - Team Swim @ Pabst Y	14 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	15 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	16 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST
17 7am - Coached Run @ FAST 7am - Computrainer @ FAST	18 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	19 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	20 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Team Ride @ FAST 6pm - Womens Strength Training	21 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	22 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	23 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST
24 7am - Computrainer @ FAST	25 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training 7pm - Coached Team Swim @	26 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	27 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	28 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	29 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	30 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST
31 7am - Computrainer @ FAST 8:45am - Coached Team Ride @	1 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	2 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	3 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Injury Prevention Clinic 6pm - Womens Strength Training	4 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	5 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	6 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST 10am - Team Run @ FAST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 7am - Computrainer @ FAST 8:45am - Coached Team Ride @	1 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	2 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	3 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Injury Prevention Clinic 6pm - Womens Strength Training	4 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	5 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	6 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST 10am - Team Run @ FAST
7 7am - Computrainer @ FAST	8 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	9 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	10 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training 7pm - Team Swim @ Pabst Y	11 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	12 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	13 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST
14 7am - Coached Team Run @ 7am - Computrainer @ FAST	15 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	16 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	17 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Team Ride @ FAST 6pm - Womens Strength Training	18 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	19 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	20 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST
21 7am - Computrainer @ FAST	22 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training 7pm - Coached Swim @ Pabst Y	23 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	24 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Womens Strength Training	25 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	26 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	27 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST
28 7am - Computrainer @ FAST 8:45am - Coached Team Ride @	29 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	1 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	2 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Strength Training For 6pm - Womens Strength Training	3 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	4 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	5 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST 10am - Team Run @ FAST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 7am - Computrainer @ FAST 8:45am - Coached Team Ride @	29 5:45am - Computrainer @ FAST 8am - Womens Strength Training 4pm - High School Performance 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	1 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	2 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 4pm - High School Performance 6pm - Strength Traing For 6pm - Womens Strength Training	3 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 3:45pm - High School 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	4 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	5 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST 10am - Team Run @ FAST
6 7am - Computrainer @ FAST	7 5:45am - Computrainer @ FAST 8am - Womens Strength Training 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	8 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	9 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 6pm - Womens Strength Training 7pm - Team Swim @ Pabst Y	10 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	11 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	12 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST
13 7am - Coached Team Run @ 7am - Computrainer @ FAST	14 5:45am - Computrainer @ FAST 8am - Womens Strength Training 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	15 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	16 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 6pm - Team Ride @ FAST 6pm - Womens Strength Training	17 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	18 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	19 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST
20 7am - Computrainer @ FAST	21 5:45am - Computrainer @ FAST 8am - Womens Strength Training 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training 7pm - Coached Team Swim @	22 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	23 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 6pm - Womens Strength Training	24 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	25 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	26 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST
27 7am - Computrainer @ FAST 8:45am - Coached Team Ride @	28 5:45am - Computrainer @ FAST 8am - Womens Strength Training 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	29 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	30 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 6pm - Run Efficiently & Run 6pm - Womens Strength Training	31 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	1 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	2 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 7am - Computrainer @ FAST 8:45am - Coached Team Ride @	28 5:45am - Computrainer @ FAST 8am - Womens Strength Training 5:30pm - Computrainer @ FAST 6pm - Womens Strength Training	29 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6pm - Tuesday Night Runs 6:	30 5:45am - Computrainer @ FAST 8am - Womens Strength Training 9:15am - Computrainer @ FAST 6pm - Run Efficiently & Run 6pm - Womens Strength Training	31 5:45am - Masters Swim at Pabst 9:15am - Computrainer @ FAST 5:30pm - Computrainer @ FAST 6:30pm - Run Club Workout @ EH 6:30pm - Yoga @ FAST	1 8am - Womens Strength Training 8:30am - Computrainer/Yoga @	2 6:30am - Computrainer @ FAST 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8am - Foundations Run Group @ 8:30am - Computrainer @ FAST
3 7am - Team Run @ EH	4 8am - Womens Strength Training 6pm - Womens Strength Training	5 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	6 8am - Womens Strength Training 6pm - Womens Strength Training 7pm - Team Swim @ Pabst Y	7 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8 8am - Womens Strength Training	9 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Foundations Run Group @ 8:30am - Team Ride @ FAST
10	11 8am - Womens Strength Training 6pm - Womens Strength Training	12 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	13 8am - Womens Strength Training 6pm - Womens Strength Training	14 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	15 8am - Womens Strength Training	16 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House
17 7am - Coached Run @ FAST	18 8am - Womens Strength Training 6pm - Womens Strength Training 7pm - Coached Team Swim @	19 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	20 8am - Womens Strength Training 6pm - Womens Strength Training	21 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	22 8am - Womens Strength Training	23 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House
24	25 8am - Womens Strength Training 6pm - Womens Strength Training	26 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	27 8am - Womens Strength Training 6pm - Womens Strength Training	28 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	29 8am - Womens Strength Training	30 6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House 8:30am - Coached Ride @ FAST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	8am - Womens Strength Training 6pm - Bike Handling & Shifting 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8am - Womens Strength Training	6:30am - Masters Swim at Pabst 7am - Endurance House Long 8am - Endurance House
8	9	10	11	12	13	14
7am - Team Run @ EH	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	8am - Womens Strength Training 6pm - Womens Strength Training 7pm - Team Swim @ Pabst Y	5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8am - Womens Strength Training	7am - Endurance House Long 7am - Team Ride @ FAST 8am - Endurance House
15	16	17	18	19	20	21
	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8am - Womens Strength Training	7am - Endurance House Long 8am - Endurance House
22	23	24	25	26	27	28
7am - Coached Team Run @	8am - Womens Strength Training 6pm - Womens Strength Training 7pm - Coached Team Swim @	5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8am - Womens Strength Training	7am - Coached Team Ride @ 7am - Endurance House Long 8am - Endurance House
29	30	31	1	2	3	4
	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	8am - Womens Strength Training 6pm - Nutrition for Triathlon 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8am - Womens Strength Training	7am - Endurance House Long 8am - Endurance House

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	8am - Womens Strength Training 6pm - Nutrition for Triathlon 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8am - Womens Strength Training	7am - Endurance House Long 8am - Endurance House
5	6	7	8	9	10	11
	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	8am - Womens Strength Training 6pm - Team Swim @ Lac La Belle 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8am - Womens Strength Training	6:30am - Team Ride @ FAST 7am - Endurance House Long 8am - Endurance House
12	13	14	15	16	17	18
7am - Team Run @ EH	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8am - Womens Strength Training	7am - Endurance House Long 8am - Endurance House
19	20	21	22	23	24	25
	8am - Womens Strength Training 6pm - Coached Swim @ Lac La 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8am - Womens Strength Training	6:30am - Coached Ride @ FAST 7am - Endurance House Long 8am - Endurance House
26	27	28	29	30	1	2
7am - Coached Run @ FAST	8am - Womens Strength Training 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	8am - Womens Strength Training 6pm - Request Night - Q&A Clinic 6pm - Womens Strength Training	5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8am - Womens Strength Training	7am - Endurance House Long 8am - Endurance House

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 7am - Coached Run @ FAST	27 8am - Womens Strength Training 6pm - Womens Strength Training	28 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	29 8am - Womens Strength Training 6pm - Request Night - Q&A Clinic 6pm - Womens Strength Training	30 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	1 8am - Womens Strength Training	2 7am - Endurance House Long 8am - Endurance House
3 7am - Coached Run @ FAST	4 8am - Womens Strength Training 6pm - Womens Strength Training	5 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	6 8am - Womens Strength Training 6pm - Team Swim @ Lac La Belle 6pm - Womens Strength Training	7 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	8 8am - Womens Strength Training	9 6am - Team Ride @ FAST 7am - Endurance House Long 8am - Endurance House
10	11 8am - Womens Strength Training 6pm - Womens Strength Training	12 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	13 8am - Womens Strength Training 6pm - Womens Strength Training	14 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	15 8am - Womens Strength Training	16 7am - Endurance House Long 8am - Endurance House
17 7am - Team Run @ EH	18 8am - Womens Strength Training 6pm - Coached Swim @ Lac La 6pm - Womens Strength Training	19 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	20 8am - Womens Strength Training 6pm - Womens Strength Training	21 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	22 8am - Womens Strength Training	23 7am - Endurance House Long 8am - Endurance House
24	25 8am - Womens Strength Training 6pm - Womens Strength Training	26 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	27 8am - Womens Strength Training 6pm - Womens Strength Training	28 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	29 8am - Womens Strength Training	30 6am - Coached Team Ride @ 7am - Endurance House Long 8am - Endurance House
31	1 8am - Womens Strength Training 6pm - Womens Strength Training	2 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	3 8am - Womens Strength Training 6pm - Womens Strength Training	4 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	5 8am - Womens Strength Training	6 7am - Endurance House Long 8am - Endurance House

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 8am - Womens Strength Training 6pm - Womens Strength Training	2 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	3 8am - Womens Strength Training 6pm - Womens Strength Training	4 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	5 8am - Womens Strength Training	6 7am - Endurance House Long 8am - Endurance House
7	8 8am - Womens Strength Training 6pm - Womens Strength Training	9 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	10 8am - Womens Strength Training 6pm - Womens Strength Training	11 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	12 8am - Womens Strength Training	13 7am - Endurance House Long 8am - Endurance House
14	15 8am - Womens Strength Training 6pm - Womens Strength Training	16 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	17 8am - Womens Strength Training 6pm - Womens Strength Training	18 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	19 8am - Womens Strength Training	20 7am - Endurance House Long 8am - Endurance House
21	22 8am - Womens Strength Training 6pm - Womens Strength Training	23 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	24 8am - Womens Strength Training 6pm - Womens Strength Training	25 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	26 8am - Womens Strength Training	27 7am - Endurance House Long 8am - Endurance House
28	29 8am - Womens Strength Training 6pm - Womens Strength Training	30 5:45am - Masters Swim at Pabst 6pm - Tuesday Night Runs 6:	31 8am - Womens Strength Training 6pm - Womens Strength Training	1 5:45am - Masters Swim at Pabst 6:30pm - Run Club Workout @ EH	2	3