



March Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				5am Strength 9:30am Endurance 5:30pm Strength	5:30am Interval 9:30am Strength	8am Strength 9am Interval
4	5	6	7	8	9	10
9am Endurance	8:30am Strength 5:30pm Interval	5am Strength 9:30am Endurance 6:00pm Strength	6am Endurance 9:45am Interval 5:30pm Interval 7:30pm Strength	5am Interval 9:30am Strength 5:30pm Endurance	5:30am Endurance 9:30am Interval	8am Interval 9am Endurance
11	12	13	14	15	16	17
9am Interval	8:30am Interval 5:30pm Strength	5am Interval 9:30am Strength 6:00pm Endurance	6am Strength 9:45am Endurance 5:30pm Strength 7:30pm Endurance	5am Endurance 9:30am Interval 5:30pm Interval	5:30am Interval 9:30am Endurance	8am Endurance 9am Strength
18	19	20	21	22	23	24
9am Strength	8:30am Endurance 5:30pm Endurance	5am Endurance 9:30am Interval 6:00pm Interval	6am Interval 9:45am Strength 5:30pm Endurance 7:30pm Interval	5am Strength 9:30am Endurance 5:30pm Strength	5:30am Strength 9:30am Strength	8am Strength 9am Interval
25	26	27	28	29	30	31
9am Endurance	8:30am Strength 5:30pm Interval	5am Strength 9:30am Endurance 6:00pm Strength	6am Endurance 9:45am Interval 5:30pm Interval 7:30pm Strength	5am Interval 9:30am Strength 5:30pm Endurance	5:30am Endurance 9:30am Interval	