



May 2018 Calendar

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