



# June 2018 Calendar

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