



## April Calendar

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