

February 2006

February 2006							March 2006						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	1	2	3	4	5	6	7	1	2	3	4
12	13	14	8	9	10	11	12	13	14	8	9	10	11
19	20	21	15	16	17	18	19	20	21	15	16	17	18
26	27	28	22	23	24	25	26	27	28	22	23	24	25

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
January 30	31	February 1	2	3	4
Spin - 60 minutes 5:30pm 6:30pm Pilates/Weight Training	REST DAY	BRICK - 60-90 spin/1-2 mile run	Swim	Weight circuit/cardio	
					5 35 miles (56 km) 9:00 a.m. - Cinderella Tr
6	7	8	9	10	11
Spin - 60 minutes 5:30pm 6:30pm Pilates/Weight Training	REST DAY	BRICK - 60-90 spin/1-2 mile run	Swim	Weight circuit/cardio	Run 1-2 miles
					12 40 miles (64 km) 9:00 a.m. Cinderella Trail
13	14	15	16	17	18
Spin - 60 minutes 5:30pm 6:30pm Pilates/Weight Training	REST DAY	BRICK - 60-90 spin/1-2 mile run	Swim	Weight circuit/cardio	Run 1-2 miles
					19 45 miles - Cinderella Training Ride #6
20	21	22	23	24	25
Spin - 60 minutes 5:30pm 6:30pm Pilates/Weight Training	REST DAY	BRICK - 60-90 spin/1-2 mile run	Swim	Weight circuit/cardio	Run 1-2 miles
					26 50 miles - Cinderella Training Ride #7
27	28	March 1	2	3	4
Spin - 60 minutes 5:30pm 6:30pm Pilates/Weight Training	REST DAY	BRICK - 60-90 spin/2.5 mile run	Swim	Weight circuit/cardio	Run 3 miles
					5 55 miles - Cinderella Training Ride #8