

March 2011

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
					1		2		3		4		5
				1k Test + Steady State		30 Min Cardio - run/swim, ymca aerobics		Stadiums, 3x25		10x500m, 1min rest		Yoga/flexibility	
	6		7		8		9		10		11		12
light body circuit (crunches, sculler-situps, pushups, jumpees, squat-thrusts, etc.)		45min - 1hr low intensity, long run/ bike ride		Body Circuit		30 Min Cardio - run/swim, ymca aerobics		4x5min, 2min rest		40min Steady State, 20-22 spm		Yoga/flexibility	
Daylight Saving Time	13		14		15		16	St. Patrick's Day	17		18		19
light body circuit (crunches, sculler-situps, pushups, jumpees, squat-thrusts, etc.)		45min - 1hr low intensity, long run/ bike ride		Stadiums, 3x25		30 Min Cardio - run/swim, ymca aerobics		5x1k, 4min rest		40min Steady State, 20-22 spm		Yoga/flexibility	
1st Day Spring	20		21		22		23		24		25		26
light body circuit (crunches, sculler-situps, pushups, jumpees, squat-thrusts, etc.)		45min - 1hr low intensity, long run/ bike ride		Body Circuit		30 Min Cardio - run/swim, ymca aerobics		10x500m, 1min rest		40min Steady State, 20-22 spm		Bring Equipment from CRI	
	27		28		29		30		31				
Bring Equipment from CRI		45min - 1hr low intensity, long run/ bike ride		Steady State		30 Min Cardio - run/swim, ymca aerobics		Steady State		Steady State			