

FEBRUARY 2012 CYCLING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Noon Ann INTERVAL 5:30PM Kristy ENDURANCE	2 5:15 am Andy RACE DAY! 5:30 pm Eric STRENGTH	3 Noon Raja RACE DAY!	4 7:30am Eric/Deana ENDURANCE
5 9:00am Marykay STRENGTH	6 Noon Andy ENDURANCE 5:30pm Kristy/Marykay RACE DAY!	7 5:15 am Andy INTERVAL 5:30 pm Deana/Katy STRENGTH	8 Noon Ann ENDURANCE 5:30PM Kristy INTERVAL	9 5:15 am Andy ENDURANCE 5:30 pm Eric RACE DAY!	10 Noon Raja INTERVAL	11 7:30am Eric/Deana STRENGTH
12 9:00am Marykay RACE DAY!	13 Noon Andy STRENGTH 5:30pm Kristy/Marykay INTERVAL	14 5:15 am Andy RACE DAY! 5:30 pm Deana/Katy ENDURANCE	15 Noon Ann RACE DAY! 5:30PM Kristy INTERVAL	16 5:15 am Andy STRENGTH 5:30 pm Eric INTERVAL	17 Noon Raja STRENGTH	18 7:30AM Eric/Deana INTERVAL
19 9:00am Marykay INTERVAL	20 Noon Andy RACE DAY! 5:30pm Kristy/MaryKay ENDURANCE	21 5:15 am Andy ENDURANCE 5:30 pm Deana/Katy INTERVAL	22 Noon Ann STRENGTH 5:30PM Kristy RACE DAY!	23 5:15 am Andy INTERVAL 5:30 pm Eric STRENGTH	24 Noon Raja ENDURANCE	25 7:30am Eric/Deana RACE DAY!
26 9:00am Marykay ENDURANCE	27 Noon Andy ENDURANCE 5:30pm Kristy/MaryKay INTERVAL	28 5:15 am Andy STRENGTH 5:30 pm Deana/Katy ENDURANCE	29 Noon Ann INTERVAL 5:30PM Kristy STRENGTH			