

# February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spring Athletes you must make 21 out of 24 workouts. This commitment is key for our accountability to one another.						1
2	<b>3</b> 3:15-5:30 PM Workout # 15	<b>4</b> 6:25-7:50 AM 3:15-4:20 PM Workout #16	5	<b>6</b> 6:25-7:50 AM 3:15-4:20 PM Workout #17	<b>7</b> 6:25-7:50 AM 3:15-4:20 PM Workout #18	8
9	<b>10</b> 3:15-5:30 PM Workout # 19	<b>11</b> 6:25-7:50 AM 3:15-4:20 PM Workout #20 (SW#1)	12	<b>13</b> 6:25-7:50 AM 3:15-4:20 PM Workout #21 (SW#2)	<b>14</b> Optional day 9:00-10:15 AM  Valentine's Day	15
16	<b>17</b>  Presidents' Day	<b>18</b> 6:25-7:50 AM 3:15-4:20 PM Workout #22 (SW#3)	19	<b>20</b> 6:25-7:50 AM 3:15-4:20 PM Workout #23 (SW#4)	<b>21</b> 6:25-7:50 AM 3:15-4:20 PM Workout #24	22
23	<b>24</b> 3:15-5:30 PM Workout # 25	<b>25</b> 6:25-7:50 AM 3:15-4:20 PM Workout #26 (SW#5)	26	<b>27</b> 6:25-7:50 AM 3:15-4:20 PM Workout #27 (SW#6)	<b>28</b> 6:25-7:50 AM 3:15-4:20 PM Workout #28	