October 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 1:30 MS Str	20 1:15 E(Form) Swim 1:00 S2 Run	21 1:30 MS Str	22 1:15 E2 Swim :30 E1* Run	23 1:00 S1 Bike	24 1:15 E3 Swim 1:30 E2 Run	25 2:00 E3 Bike
26 moved to mon.	27 1:00 S2 Run 1:30 MS Str	28 1:00 T1b Swim	29 :30 S2 Bike	30 1:00 E(Form) Swim 1:00 T1(3) Run	31 1:00 MS Str	

November 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1:00 T1(5) Bike
2 1:00 MS Str	3 1:15 E(Speed) Swim 1:00 TM#1 or S2 Run	4 1:30 PE+Plyo#1	5 :30 E2 Run	6 1:00 S1 Bike 1:15 M Swim	7 1:30 E4 Run	8 2:00 E2 Bike 1:15 E2 Swim
9 1:00 PE Str	10 1:15 Force Swim 1:00 TM#2 or S2 run	11 1:30 PE+Plyo#2	12 1:15 E2 Swim :30 E2 Run	13 2:00 E2* Bike	14 1:15 E2 Swim 1:30 E2 Run	15 1:00 S2 Bike
16 1:00 PE Str	17 1:15 Force Swim 1:00 TM#3 or S2 Run	18 1:30 PE+Plyo #3	19 1:15 M Swim :30 E2 Run	20 1:00 S1 Bike	21 1:15 E2 Swim 1:30 E4 Run	22 2:00 E2*
23 Day Off	24 1:00 TM#4 or S2 Run	25 1:30 PE+Plyo #4	26 1:00 M(Speed) Swim :30 E2 Run	27 1:00 PE Str	28 1:00 E(Form) Swim 1:00 A1b Run	29 1:00 S5 Bike
30 1:00 SM Str						

December 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1:15 E(Speed) Swim :45 S2 Run	2 1:00 M1(20) Bike :30 E1** Run	3 1:15 E2 Swim :30 E2 Run	4 1:00 E1 Bike	5 1:15 M Swim 1:45 E3 Run	6 2:30 E2 Bike
7 1:00 SM Str	8 1:15 E(Form) Swim :45 S1 Run	9 1:00 E2 Bike :30 E1** Run	10 1:15 E2 Swim 1:00 M2(3Z)	11 1:30 S4 Bike	12 Brick 1:30 E3 Swim 1:00 E2 Bike 1:00 E2 Run	13 3:00 E3 Bike
14 1:00 SM Str	15 1:15 E(Speed) Swim :30 S2 Run	16 1:30 M1(30) Bike :30 E1** Run	17 1:15 E2 Swim 1:00 E2 Run	18 2:00 E1 Bike	19 1:30 E3 Swim 2:00 E3 Run	20 3:30 E2 Bike
21 1:00 SM Str	22 :45 S1 Run	23 1:00 S5 Bike	24 1:00 T1b Swim :30 E1 Run	25 Day Off	26 1:15 E(Form) Swim 1:00 E2 Run	27 2:00 T1(6-10) bike
28 1:00 SM Str	29 1:00 E(Form) Swim :30 A2(5bZ) Run	30 :45 E2 Bike	31 1:00 E2 Swim :30 E1 Run			

January 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1:00 S5 Bike	2 1:30 E3 Swim 2:15 E3 Run	3 4:00 E3 Bike
4 1:00 SM Str	5 1:00 E(Speed) Swim 1:00 E2 Run	6 1:30 M1(40) Bike :30 E2** Run	7 1:30 E3 Swim :30 E2 Run	8 1:00 S4 Bike	9 Brick 1:00 E1 Swim 1:00 T Bike 1:00 T Run	10 4:30 E2 Bike
11 1:00 SM Str	12 1:15 E(Form) Swim 1:00 M2(3Z) Run	13 1:30 E2 Bike	14 1:15 E2 Swim :30 S2 Run	15 1:30 S4 Bike	16 1:30 E3 Swim 2:30 E2 Bike	17 5:00 E3 Bike
18 1:00 SM Str	19 :45 S1 Run	20 1:00 S5 Bike	21 1:00 T1b Swim :30 E2 Run	22 Day Off	23 1:15 E(Form) Swim 1:00 T1(4-6) Run	24 2:00 E2 Bike
25 1:00 SM Str	26 1:00 E(Speed) Swim :30 E2 Run	27 :45 E2 Bike	28 1:00 E2 Swim :30 E1 Run	29 1:00 S2 Bike	30 1:00 E3 Swim 3:00 E3 Run	31 5:00 E3 Bike

February 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:00 SM Str	2 1:15 E(Form) 1:00 E2 Run	3 1:30 M1(40-50) Bike	4 1:15 E2 Swim :30 E1 Run	5 :30 S1 Bike	6 Brick 1:30 E3 Swim 1:00 T Bike 1:30 T Run	7 5:30 E2 Bike
8 1:00 SM Str	9 1:15 E(Speed) Swim 1:00 E2 Run	10 1:15 E2 Bike	11 1:15 E2 Swim :30 E1 Run	12 1:30 S5 Bike	13 1:30 E3 Swim 3:00 E3 Run	14 6:00 E3 Bike
15 1:00 SM Str	16 1:15 E(Form) Swim 1:00 S1 Run	17 1:00 E2 Bike	18 1:15 E2 Swim 1:00 E2 Run	19 1:00 S4 Bike	20 1:30 E3 Swim 3:00 T Bike 1:30 T Run	21 1:00 E1 Bike
22 1:00 SM Str	23 1:00 E(Speed) Swim :45 E2 Run	24 1:00 S5 Bike	25 :45 E2 Swim :45 E2 Run	26 Day Off	27 Brick 01:15 M Swim 2:00 T Bike 1:00 T Run	28 01:00 E1 Bike
29 01:00 M1(20) Run						

March 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 00:45 E(Speed) Swim	2 01:00 M1(15) Bike	3 00:30 S2 Run	4 Day Off 00:30 E(Speed) Swim	5 Brick 00:45 S4 Bike 00:15 S2 Run	6 IRONMAN
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			