

MAY 2018



CALENDAR MONTH	MAY
CALENDAR YEAR	2018
1ST DAY OF WEEK	SUNDAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
		SWIM/RUN BRICK SESSION 06H30	BIKE INTERVAL TRAINING WITH OPTIMAL 06H00	OUTDOOR MUSCLE ACTIVATION AND CORE DEVELOPMENT 06h30	GROUP RIDE - 2-3 HOURS - VARIED SETS 05H30	TREK COACHED RIDE
6	7	8	9	10	11	12
OUTDOOR MUSCLE ACTIVATION AND CORE DEVELOPMENT 06H30		SWIM/RUN BRICK SESSION 06H30	BIKE INTERVAL TRAINING WITH OPTIMAL 06H00	OUTDOOR MUSCLE ACTIVATION AND CORE DEVELOPMENT 06h30	GROUP RIDE - 2-3 HOURS - VARIED SETS 05H30	TREK COACHED RIDE
13	14	15	16	17	18	19
OUTDOOR MUSCLE ACTIVATION AND CORE DEVELOPMENT 06H30		SWIM/RUN BRICK SESSION 06H30	BIKE INTERVAL TRAINING WITH OPTIMAL 06H00	OUTDOOR MUSCLE ACTIVATION AND CORE DEVELOPMENT 06h30	GROUP RIDE - 2-3 HOURS - VARIED SETS 05H30	TREK COACHED RIDE
20	21	22	23	24	25	26
OUTDOOR MUSCLE ACTIVATION AND CORE DEVELOPMENT 06H30		SWIM/RUN BRICK SESSION 06H30	BIKE INTERVAL TRAINING WITH OPTIMAL 06H00	OUTDOOR MUSCLE ACTIVATION AND CORE DEVELOPMENT 06h30	GROUP RIDE - 2-3 HOURS - VARIED SETS 05H30	TREK COACHED RIDE
27	28	29	30	31	1	2
OUTDOOR MUSCLE ACTIVATION AND CORE DEVELOPMENT 06H30		SWIM/RUN BRICK SESSION 06H30	BIKE INTERVAL TRAINING WITH OPTIMAL 06H00	OUTDOOR MUSCLE ACTIVATION AND CORE DEVELOPMENT 06h30		
3	4					