

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	3
4	5	6	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	

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	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				

April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 20 minute run core	25 cross train	26 20 min. core	27 OFF	28 20 min. core	29 cross train	30 20 min.
31 OFF						

June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 25 min. core	2 cross train	3 25 min. core	4 OFF	5 25 min. core	6 20 min. core
7 cross train	8 25 min.	9 20 min. core	10 OFF	11 25 min. core	12 20 min.	13 30 min.
14 cross train	15 25 min. core	16 20 min.	17 30 min. core	18 OFF	19 25 min. core	20 20 min.
21 35 min. core	22 cross train	23 25 min. core	24 25 min. strides 4x	25 35 min. core	26 OFF	27 30 min.
28 25 min. strides 4x	29 35 min. core	30 cross train				

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 30 min. core	2 25 min. strides 4x	3 35 min. core	4 OFF
5 25 min. core	6 40 min. strides 5x	7 25 min. core	8 30 min. strides 5x	9 cross train	10 25 min. core	11 35 min. strides 5x
12 25 min. core	13 40 min. strides 6x	14 OFF	15 35 min. core	16 25 min. strides 6x	17 30 min. core	18 40 min. strides 6x
19 cross train	20 45 min. core	21 25 minutes strides 8x	22 35 min. core	23 30 min. strides 8x	24 25 min. core	25 cross train
26 OFF	27 35 min. core	28 40 min.	29 cross train	30 40 min. core	31 30 min.	

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						45 min.	1
OFF	2	3 Official Practice Begins!!!	4	5	6	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					

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	3
4	5	6	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	

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	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		