

January 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|----------------------------------------|--------|
| | | | | 1 | Bike/Run @ North Dallas Time TBD | 3 |
| 4 | 5 | 6 | Track @ SMU 6 pm | 8 | Swim/Bike/Run @ Dallas Time TBD | 10 |
| 11 | 12 | 13 | Track @ Forth Worth 6 pm | 15 | Bike/Run @ ForthWorth Time TBD | 17 |
| Platinum Kona, Hi Training Camp | Platinum Kona, Hi Training Camp | Platinum Kona, Hi Training Camp | Platinum Kona, Hi Training Camp | Platinum Kona, Hi Training Camp | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Platinum Kona, Hi Training Camp | Platinum Kona, Hi Training Camp | Platinum Kona, Hi Training Camp | Platinum Kona, Hi Training Camp | Platinum Kona, Hi Training Camp | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

February 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|--------------------------------|--------|----------------------------------------|------------------------------|
| 1 | 2 | 3 | Track @ Allen HS 5:30 am | 5 | Bike/Run @ North Dallas Time TBD | 7 |
| 8 | 9 | 10 | Track @ ForthWorth 6 pm | 12 | Bike/Run @ ForthWorth Time TBD | 14 |
| 15 | 16 | 17 | Track @ SMU 6 pm | 19 | Swim/Bike/Run @ Dallas Time TBD | STONEBRIDGE Half Marathon |
| 22 | 23 | 24 | | 26 | 27 | 28 |
| | | | | | | |