

**July 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Track @ SMU 6 pm		Bike/Run @ North Dallas Time 8:00 am	
			1	2	3	4
			Track @ SMU 6 pm		Bike/Run @ Dallas Time 8:00 am	
5	6	7	8	9	10	11
			Track @ SMU 6 pm		Open water Swim/Bike/Run @ Lynn Creek park Joe Pool Lake Time 8:00 am	
12	13	14	15	16	17	18
			Track @ SMU 6 pm			
19	20	21	22	23	24	25
			Track @ SMU 6 pm			
26	27	28	29	30	31	

**August 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Track @ SMU 6 pm		Bike/Run @ North Dallas Time 8:00 am	
2	3	4	5	6	7	8
			Track @ SMU 6 pm		Open water Swim/Bike/Run @ Lynn Creek park Joe Pool Lake Time 8:00 am	
9	10	11	12	13	14	15
			Track @ SMU 6 pm		Bike/Run @ Dallas Time 8:00	
16	17	18	19	20	21	22
			Track @ SMU 6 pm			
23	24	25	26	27	28	29
30	31					