

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	Dallas Start Night Join us at AA Center	5	Bike/Run @ North Dallas Time TBD	7
8	9	10	Track @ SMU 6 pm	12	Bike/Run @ ForthWorth Time TBD	14
15	16	17	Track @ SMU 6 pm	19	Swim/Bike/Run @ Dallas Time TBD	DIRTY ROCK TRI Off-road Rockwall, TX
22	23	24	Track @ SMU 6 pm	LoneStar Training Camp	LoneStar Training Camp	LoneStar Training Camp
29	30	31				

April 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Track @ SMU 6 pm		Bike/Run @ North Dallas Time TBD	
5	6	7	Track @ SMU 6 pm	9	Open water Swim/Bike/Run @ Dallas Time TBD	11
12	13	14	Track @ SMU 6 pm	16	Bike/Run @ ForthWorth Time TBD	KING TUT TRI Sprint/My 1st Tri
19	20	21	Track @ SMU 6 pm	23		
26	27	28	Track @ SMU 6 pm			