

May 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	Track @ SMU 6 pm	7	Bike/Run @ North Dallas Time TBD	9
10	11	12	Track @ SMU 6 pm	Buffalo Springs Training Camp	Buffalo Springs Training Camp	Buffalo Springs Training Camp
17	18	19	Track @ SMU 6 pm	21	Open water Swim/Bike/Run @ Lynn Creek park Joe Pool Lake Time TBD	TRI COWTOWN Sprint Benbrook, TX
24	25	26	Track @ SMU 6 pm	28	Bike/Run @ Dallas Time 8:00 am	30

June 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Track @ SMU 6 pm		PLAYTRI FESTIVAL Kiefer Swim races	PLAYTRI FESTIVAL Sprint & Olympic
	1	2	3	4	5	6
7	8	9	Track @ SMU 6 pm	11	Bike/Run @ North Dallas Time 8:00 am	13
14	15	16	Track @ SMU 6 pm	18	Open water Swim/Bike/Run @ Lynn Creek park Joe Pool Lake Time 8:00 am	20
21	22	23	Track @ SMU 6 pm	25	Bike/Run @ Dallas Time 8:00	27
28	29	30				