

View Full Year 2017

View Full Year 2017 - Exercise

| Jan 2017 |                                                |         |                                               |          |                                                     |          |
|----------|------------------------------------------------|---------|-----------------------------------------------|----------|-----------------------------------------------------|----------|
| Sunday   | Monday                                         | Tuesday | Wednesday                                     | Thursday | Friday                                              | Saturday |
| 1        | 2<br>6am Warmup<br>6:15am Swim<br>7am Stretch  | 3       | 4<br>6am Warmup<br>6:15am Run<br>7am Stretch  | 5        | 6<br>6am Warmup<br>6:15am Bicycling<br>7am Stretch  | 7        |
| 8        | 9<br>6am Warmup<br>6:15am Swim<br>7am Stretch  | 10      | 11<br>6am Warmup<br>6:15am Run<br>7am Stretch | 12       | 13<br>6am Warmup<br>6:15am Bicycling<br>7am Stretch | 14       |
| 15       | 16<br>6am Warmup<br>6:15am Swim<br>7am Stretch | 17      | 18<br>6am Warmup<br>6:15am Run<br>7am Stretch | 19       | 20<br>6am Warmup<br>6:15am Bicycling<br>7am Stretch | 21       |
| 22       | 23<br>6am Warmup<br>6:15am Swim<br>7am Stretch | 24      | 25<br>6am Warmup<br>6:15am Run<br>7am Stretch | 26       | 27<br>6am Warmup<br>6:15am Bicycling<br>7am Stretch | 28       |
| 29       | 30<br>6am Warmup<br>6:15am Swim<br>7am Stretch | 31      |                                               |          |                                                     |          |