

February 2014

- Reminders
- Let's Move
- US Holidays

January 2014							February 2014							March 2014						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4						1							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31	23	24	25	26	27	28	23	24	25	26	27	28	29		
													30	31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 Groundhog Day	3	4	5	6	7	8
9	10	11	12 Lincoln's Birthday	13	14 Valentine's Day	15
16 2ez	17 President's Day	18 3 tempo	19	20 8:00 AM 2x800	21	22 4 miles lsd Washing... Birthday
23 2.5 ez	24	25 2.5 tempo	26	27 3 x 1 mile	28	1 5 lsd

March 2014

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February 2014							March 2014							April 2014						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1						1			1	2	3	4	5	
2	3	4	5	6	7	8	2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	23	24	25	26	27	28	29	27	28	29	30				
							30	31												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 2.5 ez	24	25 2.5 tempo	26	27 3 x 1 mile	28	1 5 lsd
2 2 mile ez	3	4 3x 800	5	6 4 RP	7	8 6 lsd
9 Daylight...e Begins 3 ez	10	11 3 x 800	12	13 3 RP	14	15 7 lsd
16 3 EZ	17 St. Patrick's Day	18 4 tempo	19	20 8:00 AM 4x800	21	22 8 lsd
23 3 EZ	24	25 4x 1 mile	26	27 4 RP	28	29 9 LSD
30 3 EZ	31	1 4 miles tempo April Fool's Day	2	3 5 RP	4	5 11 lsd

April 2014

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March 2014							April 2014							May 2014							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1		1	2	3	4	5							1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	27	28	29	30	25	26	27	28	29	30	31				
30	31																				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 3 EZ	31	1 4 miles tempo April Fool's Day	2	3 5 RP	4	5 11 lsd
6 4 EZ	7	8 3x 800	9	10 5 miles at RP	11	12 12 miles lsd
13 3 EZ	14	15 Tax Day 3 miles tempo	16	17 4 miles,...2 tempo	18	19 6 miles
20 2.5 miles	21	22 Earth Day 3x 800m	23	24 3 miles	25	26
27	28	29	30	1	2	3