


FEBRUARY 2018

INDOOR IRON MAN

SUN	MON	TUE	WED	THU	FRI	SAT
				RUN 1.75 mi BIKE 7 mi	RUN 1.63 mi BIKE 7 mi	RUN 1.63 mi BIKE 7 mi
DAY OFF 4	RUN 1.63 mi BIKE 7 mi	SWIM 28.5 Laps	RUN 1.63 mi BIKE 7 mi	SWIM 28.3 Laps	RUN 1.63 mi BIKE 7 mi	RUN 1.63 mi BIKE 7 mi
DAY OFF 11	RUN 1.63 mi BIKE 7 mi	SWIM 28.3 Laps	RUN 1.63 mi BIKE 7 mi	SWIM 28.3 Laps	RUN 1.63 mi BIKE 7 mi	RUN 1.63 mi BIKE 7 mi
DAY OFF 18	 DAY OFF 19	SWIM 28.3 Laps	RUN 1.63 mi BIKE 7 mi	SWIM 28.3 Laps	RUN 1.63 mi BIKE 7 mi	RUN 1.63 mi BIKE 7 mi
DAY OFF 25	RUN 1.63 mi BIKE 7 mi	RUN 1.63 mi BIKE 7 mi				



KILLED IT