

# December 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 OFF	25 OFF
26 OFF	27 Christmas training	28 Christmas training	29 Christmas training	30 Christmas training	31 Christmas training	

# January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 OFF
2 OFF	3 Christmas training	4 Christmas training	5 Christmas training	6 Christmas training	7	8
9	10 Night training GS	11	12	13	14	15
16	17 Night training GS	18	19	20	21	22
23	24 Night training SL	25	26	27	28	29
30 SPEED CAMP	31 Night training SL SPEED CAMP					

# February 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 SPEED CAMP	2 SPEED CAMP	3 Optional training	4	5
6	7 Night training GS	8	9	10	11	12
13	14 Night training SL	15	16	17	18	19
20	21 Night training GS	22	23	24 Optional training	25	26
27	28 Night training SL	29				

# March 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Optional training	3	4
5 Spring break training	6 Night training GS	7	8 Spring break training	9 Spring break training	10	11
12	13	14	15	16 Optional training	17	28
19	20	21	22	23	24	25
26	27	28	29	30	31	

