



Get Out! Durango – February Training

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31 4:30 Sports Conditioning : Core Value	Feb 1 4:30p Trail Run : The Rock Lounge	2	3 6p Cardio & Weights : Rec Center	4	5 11 FLC Group Road Ride : Bread	6
7 4:30 Sports Conditioning : Core Value	8 4:30p Trail Run : The Rock Lounge	9	10 4p Sports Conditioning : Core Value	11	12 11 FLC Group Road Ride : Bread	13
14 4:30 Sports Conditioning : Core Value	15 4:30p Trail Run : The Rock Lounge	16	17 6p Cardio & Weights : Rec Center	18	19 11 FLC Group Road Ride : Bread	20
21 4:30 Sports Conditioning : Core Value	22 4:30p Trail Run : The Rock Lounge	23	24 6p Cardio & Weights : Rec Center	25 6p GO! Meet 'n Greet - Tri the Rim 6p GO! U23 Team Sign Up	26 Triathlon training begins! Details soon  11 FLC Group Road Ride : Bread	27
28 Triathlon training begins! Details soon 	Mar 1 4:30p Trail Run : The Rock Lounge	2	3	4	5	6