

BEACH TO BAY ENTRY LEVEL TRAINING SCHEDULE

YOUR PERSONAL BEST TRAINING STUDIO

361-857-5087

Week of	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
2/10/2013	1	1	1	1	0	1	2	7
2/17/2013	1	1	2	1	2	0	2	9
2/24/2013	1	2	1	2	0	2	2	10
3/3/2013	2	1	2	0	2	1	3	11
3/10/2013	0	2	2	2	2	3	2	13
3/17/2013	2	2	3	0	2	2	3	14
3/24/2013	0	3	2	2	3	2	3	15
3/31/2013	3	2	3	2	2	4	0	16
4/7/2013	3	2	3	0	3	2	4	17
4/14/2013	0	3	2	4	2	3	4	18
4/21/2013	0	3	3	4	3	3	4	20
4/28/2013	3	0	4	3	3	3	5	21
5/5/2013	0	4	3	3	5	3	4	22
5/12/2013	3	4	3	3	0	0	4.4	Keep Running!