

#	M	MD	WD	Disney	St Antohny's	TNT Group Session - Pinellas	TNT Group Session - Hillborough
1	JAN	25	WED	Kick Off	Kick Off	KickOff	Kick Off
2	JAN	26	THU				
3	JAN	27	FRI				
4	JAN	28	SAT	Bike 25 miles	Bike 20 miles	0700 hrs - Bike set up and skills - Walsingham Pk	
5	JAN	29	SUN	AM: Run 3 miles // PM:Swim .3 miles	AM: Run 3 miles // PM:Swim .3 miles	1400 hrs - Run and Swim Clinic - Bill Jackson's	2:00PM - Loretta Ingraham Pool - Tampa
6	JAN	30	MON	Rest	Rest		
7	JAN	31	TUE	AM - Swim 30 min // PM - Bike 45 min	AM - Swim 30 min // PM - Bike 45 min		
8	FEB	1	WED	Run 30 min	Run 30 min		6:00PM - Publix parking lot - Platt St Bridge
9	FEB	2	THU	AM - Swim 30 min // PM - Bike 45 min	AM - Swim 30 min // PM - Bike 45 min		
10	FEB	3	FRI	Run 30 min	Run 30 min		
11	FEB	4	SAT	AM Run 4 miles/PM Swim .5 miles	AM Run 3 milesPM Swim .4 mile	0630 hrs - Bike - 102nd Ave Pinellas Trailhead	
12	FEB	5	SUN	Bike 35 miles	Bike 25 miles	1500 hrs - Swim Clinic - Bill Jackson's	6:30AM - Suncoast Trail - anatomy of a bike
13	FEB	6	MON	Rest	Rest		
14	FEB	7	TUE	AM - Swim 30 min // PM - Bike 45 min	AM - Swim 30 min // PM - Bike 45 min		
15	FEB	8	WED	Run 30 min	Run 30 min		
16	FEB	9	THU	AM - Swim 30 min // PM - Bike 45 min	AM - Swim 30 min // PM - Bike 45 min		
17	FEB	10	FRI	Run 30 min	Run 30 min		
18	FEB	11	SAT	Perf test - Max dist in 45 min bike, 15 min run	Perf test - Max dist in 45 min bike, 15 min run	0630 hrs - Pot Luck - Ft De Soto	
19	FEB	12	SUN	AM: Run 5 miles// PM: Swim .7 miles	AM:Run 4 miles // PM: Swim .5 miles	1500 hrs - Swim Clinic - Bill Jackson's	2:00PM - Loretta Ingraham Pool - Tampa
20	FEB	13	MON	Rest	Rest		
21	FEB	14	TUE	AM - Swim 30 min // PM - Bike 45 min	AM - Swim 30 min // PM - Bike 45 min		
22	FEB	15	WED	Run 45 min	Run 30 min		
23	FEB	16	THU	AM - Swim 30 min // PM - Bike 45 min	AM - Swim 30 min // PM - Bike 45 min		
24	FEB	17	FRI	Run 45 min	Run 30 min		
25	FEB	18	SAT	Bike 45 miles	Bike 25 miles	0630 hrs - Long Run Bardmoor Y	
26	FEB	19	SUN	AM: Run 6 miles// PM: Swim .9 miles	AM:Run 4 miles // PM: Swim .7 miles	1500 hrs - Swim Clinic - Bill Jackson's	2:00PM - Loretta Ingraham Pool - Tampa
27	FEB	20	MON	Rest	Rest		
28	FEB	21	TUE	AM - Swim 30 min // PM - Bike 45 min	AM - Swim 30 min // PM - Bike 45 min		
29	FEB	22	WED	Run 45 min	Run 30 min		
30	FEB	23	THU	AM - Swim 30 min // PM - Bike 45 min	AM - Swim 30 min // PM - Bike 45 min		
31	FEB	24	FRI	Run 45 min	Run 30 min		
32	FEB	25	SAT	Bike 55 miles	Brick: bike 25 miles, run 2	0630 hrs - Long Run Bardmoor Y	
33	FEB	26	SUN	AM: Run 7 miles// PM: Swim 1.1 miles	AM: Run 5 miles //PM: Swim .9 miles		
34	FEB	27	MON	Rest	Rest		
35	FEB	28	TUE	AM - Swim 30 min // PM - Bike 45 min	AM - Swim 30 min // PM - Bike 45 min		
36	MAR	1	WED	Run 45 min	Run 45 min		6:00PM Publix parking lot - Platt Street Bridge
37	MAR	2	THU	AM - Swim 30 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
38	MAR	3	FRI	Run 45 min	Run 45 min		
39	MAR	4	SAT	AM Run 8 miles/PM Swim 1.2 miles	AM Run 5 miles/PM Swim .9 miles		
40	MAR	5	SUN	Bike 55 miles	Brick: bike 25 miles/run 3 miles	0630 hrs - Run, Brdmor Y // 1500 hrs- Swim Clinic	6:30a.m. - Suncoast Trail
41	MAR	6	MON	Rest	Rest		
42	MAR	7	TUE	AM - Swim 45 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
43	MAR	8	WED	PM Swim 45 min	PM Swim 45 min - open water		6:00PM Courtney Campbell Causeway
44	MAR	9	THU	AM Run 45 min/PM Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
45	MAR	10	FRI	Run 45 min	Run 45 min		
46	MAR	11	SAT	Bike 55 miles	Brick: bike 25 miles, run 4		
47	MAR	12	SUN	AM: Run 9 miles// PM: Swim 1.3 miles	AM: Run 6 miles //PM: Swim 1miles		
48	MAR	13	MON	Rest	Rest		
49	MAR	14	TUE	AM - Swim 45 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
50	MAR	15	WED	Run 60 min	Run 45 min		
51	MAR	16	THU	AM - Swim 45 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
52	MAR	17	FRI	Run 60 min	Run 45 min		
53	MAR	18	SAT	AM Run 10 miles/PM Swim 1.3 miles	AM Run 6 miles/PM Swim 1 mile	0630 hrs Long Bike - Suncoast Tr	
54	MAR	19	SUN	Brick: Bike 55 miles/Run 2 miles	Brick: Bike 25 miles, run 5	1500 hrs - Swim Clinic - Bill Jackson's	6:30AM - San Antonio hills
55	MAR	20	MON	Rest	Rest		
56	MAR	21	TUE	AM - Swim 45 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
57	MAR	22	WED	Run 60 min	6:00 PM 45 min open water		Courtney Campbell Causeway
58	MAR	23	THU	AM Run 45 min/PM 60 min bike	AM Run 45 min/PM 60 min bike		
59	MAR	24	FRI	Run 60 min	Run 45 min		

#	M	MD	WD	Disney	St Antohny's	TNT Group Session - Pinellas	TNT Group Session - Hillborough
60	MAR	25	SAT	Brick: bike 55 miles, run 3	Brick: bike 25 miles, run 5		
61	MAR	26	SUN	AM: Run 11 miles// PM: Swim 1.4 miles	AM: Run 6 miles //PM: Swim 1miles		
62	MAR	27	MON	Rest	Rest		
63	MAR	28	TUE	AM - Swim 45 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
64	MAR	29	WED	Run 60 min	Run 45 min		
65	MAR	30	THU	AM - Swim 45 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
66	MAR	31	FRI	Run 60 min	Run 60 min		
67	APR	1	SAT	AM Run 12 miles/PM Swim 1.5 miles	AM Run 7 miles/PM Swim 1 mile	0630 hrs Long Bike - San Antonio	
68	APR	2	SUN	Brick: Bike 55 miles, Run 4	Brick: Bike 25 miles/Run 6 miles	0700 hrs - OW Swim/Run - Madeira Bch	6:30AM - San Antonio hills
69	APR	3	MON	Rest	Rest		
70	APR	4	TUE	AM - Swim 45 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
71	APR	5	WED	6:00p.m. swim - open water	6:00p.m. 45 min swim - open water		Courtney Campbell Causeway
72	APR	6	THU	AM - 45 min run/PM 60 min bike	AM 45 min run/60 min bike		
73	APR	7	FRI	Run 60 min	Run 60 min		
74	APR	8	SAT	Perf test - Max dist in 60 min bike, 30 min run	Perf test - Max dist in 60 min bike, 30 min run	0630 hrs - Pot Luck - Ft De Soto	
75	APR	9	SUN	AM: Run 13 miles //PM: Swim 1.5 miles	AM: Run 8 miles //PM: Swim 1miles		
76	APR	10	MON	Rest	Rest		
77	APR	11	TUE	AM - Swim 45 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
78	APR	12	WED	Run 60 min	Run 45 min		
79	APR	13	THU	AM - Swim 45 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
80	APR	14	FRI	Run 60 min	Run 60 min		
81	APR	15	SAT	AM Run 14 miles/PM Swim 1 mile	AM Run 7 miles/PM Swim 1 mile		
82	APR	16	SUN	Brick: Bike 55 miles/Run 5 miles	Brick: Bike 25 miles/Run 6 miles	0630 hrs - Bike/Run St A Course	6:00AM - Bike/Run St. A course - Transition rev
83	APR	17	MON	Rest	Rest		
84	APR	18	TUE	AM - Swim 45 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
85	APR	19	WED	Run 60 min	PM Swim 1/4m/Run 1m x 4		6:00p.m. Courtney Campbell Causeway
86	APR	20	THU	AM - Swim 45 min // PM - Bike 60 min	AM - Swim 45 min // PM - Bike 60 min		
87	APR	21	FRI	Run 60 min	Run 45 min		
88	APR	22	SAT	Brick: bike 55 miles, run 6	AM Swim 1 mile/Run 6 miles - open water		
89	APR	23	SUN	AM: Run 13 miles //PM: Swim 1.5 miles	Brick: Bike 18 miles/Run 4 miles	0700 hrs - OW Swim/Run - Madeira Bch	6:30PM - Suncoast Trail - Speed Dismount Clinic
90	APR	24	MON	Rest	Rest		in bed 1/2 earlier than usual/ carbo load begins
91	APR	25	TUE	AM - Swim 45 min // PM - Bike 60 min	Swim 60 min		
92	APR	26	WED	Run 60 min			carry water with you where ever you go
93	APR	27	THU	AM - Swim 45 min // PM - Bike 60 min	Bike 30 min		
94	APR	28	FRI	Run 60 min			
95	APR	29	SAT	Brick: bike 55 miles, run 6		Group Swim St A Course	Group Swim St A course - bike check in
96	APR	30	SUN	AM: Run 15 miles //PM: Swim 1.5 miles		St A Race	St A Race
97	MAY	1	MON	Rest	Rest		
98	MAY	2	TUE	AM - Swim 45 min // PM - Bike 60 min			
99	MAY	3	WED	Run 60 min			
100	MAY	4	THU	AM - Swim 45 min // PM - Bike 60 min			
101	MAY	5	FRI	Run 60 min			
102	MAY	6	SAT	AM Run 13 miles/PM Swim 1.5 mile			
103	MAY	7	SUN	Brick: 55 miles/Run 6 miles		0630 hrs - Brick - Suncoast Tr	6:30AM - Suncoast Trail
104	MAY	8	MON	Rest	Rest		
105	MAY	9	TUE	AM - Swim 45 min // PM - Bike 60 min			
106	MAY	10	WED	Run 60 min			
107	MAY	11	THU	AM - Swim 45 min // PM - Bike 60 min			
108	MAY	12	FRI	Run 60 min			
109	MAY	13	SAT	Brick: bike 18 miles, run 4			
110	MAY	14	SUN	AM: Run 12 miles //PM: Swim 1.5 miles			Swim: 4:00p.m. - Courtney Campbell Causeway
111	MAY	15	MON	Rest	Rest		
112	MAY	16	TUE	AM - Swim 45 min // PM - Bike 60 min			
113	MAY	17	WED	Run 60 min			6:00PM - Suncoast Trail - Transition Review
114	MAY	18	THU	Bike 30 min			
115	MAY	19	FRI	Run 60 min			
116	MAY	20	SAT				
117	MAY	21	SUN			Disney & Memphis Race	Disney & Memphis Race