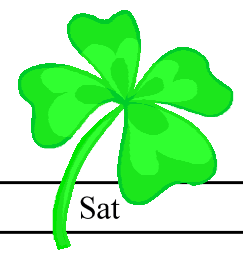


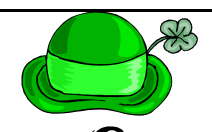





March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 MOUNTAIN CLIMB	2 STRENGTH	3 ALL TERRAIN	4  RACE DAY	5 INTERVAL WITH SPRINTS	6 ENDURANCE WITH SPRINTS
7 ? INSTRUCTORS CHOICE	8 ALL TERRAIN	9  RACE DAY	10 INTERVAL WITH JUMPS	11 STRENGTH	12 ALL TERRAIN	13 MOUNTAIN CLIMB
14 STRENGTH & SPRINTS	15 ENDURANCE ALL TERRAIN	16 INTERVAL WITH SPRINTS	17  ? INSTRUCTORS CHOICE	18 ENDURANCE ON HILLS 	19 STRENGTH	20 ALL TERRAIN
21 INTERVAL	22 ? INSTRUCTORS CHOICE	23 ENDURANCE ALL TERRAIN	24 STRENGTH	25 STRENGTH & INTERVAL	26 ENDURANCE ALL TERRAIN	27  RACE DAY
28  ALL TERRAIN	29 INTERVAL	30 ALL TERRAIN	31 MOUNTAIN CLIMB			