

December 2023 - updated 10/26/2023

~ December 2023 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 INTERVAL WORKOUT #5	2
3	4 THRESHOLD WORKOUT # 1	5 SPEED WORKOUT # 4	6 ENDURANCE WORKOUT #2	7 SPEED WORKOUT # 5	8 INTERVAL WORKOUT #6	9
10	11 THRESHOLD WORKOUT # 2	12 SPEED WORKOUT # 1	13 ENDURANCE WORKOUT #3	14 SPEED WORKOUT # 2	15 INTERVAL WORKOUT #7	16
17	18 THRESHOLD WORKOUT # 3	19 SPEED WORKOUT # 3	20 ENDURANCE WORKOUT #4	21 SPEED WORKOUT # 4	22 INTERVAL WORKOUT #1	23
24 / 31 HAPPY NEW YEAR!!!	25 MERRY CHRISTMAS!!!	26 SPEED WORKOUT # 5	27 ENDURANCE WORKOUT #1	28 SPEED WORKOUT # 1	29 INTERVAL WORKOUT #2	30