



FEBRUARY 2019

Version 1:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|---------------------------------------|--------------------|------------------------------|--------------------|-----------------------|-------------------------|
| | | | | | 1 | 2 |
| | | | | | | 6h00 10km - Club Run |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 6h00 Bobbies 21km | 18h00 Cardio Trg + Taekwondo | 18h00 Koppies | 18h00 4/8km Time Trial | 18h00 Taekwondo | | 6h00 21km -Club Run |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 6h00 Pattern Trg | 18h00 Cardio Trg + Taekwondo | 18h00 Hill Reps | 18h00 4/8km Time Trial | 18h00 Taekwondo | | 6h00 10km - Club Run |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 6h00 Pirates 21km | 18h00 Cardio Trg + Taekwondo | 18h00 Koppies | 18h00 4/8km Time Trial | 18h00 Taekwondo | | 6h00 10km Club Run |
| 24 | 25 | 26 | 27 | 28 | 1 st March | 2 |
| 6h00 10km Club Run | 18h00 Standby | 18h00 Standby | 18h00 Standby | 18h00 Standby | | 6h00 10km - Club Run |
| | | | | | | |