

~ March 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
* Check Cadence's website for details	The MJCCA Tri Club is here to encourage, support and guide athletes through camaraderie and friendship. We have a "No Drop" policy, no one will be left training alone unless they wish to be.			1 5:30 – 7 am Tri Club Swim  12 - 1 Spin & Core	2 5:30 – 7 am Masters Swim  1 – 2 pm Masters Swim	3 *Ride at Cadence
4 8 am Run	5 5:30 – 7 am Masters Swim  1 – 2 pm Masters Swim	6 5:30 – 7 am Tri Club Swim	7 5:30 – 7 am Masters Swim  12 – 1 pm Masters Swim	8 5:30 – 7 am Tri Club Swim  12 - 1 Spin & Core	9 5:30 – 7 am Masters Swim  1 – 2 pm Masters Swim	10 *Ride at Cadence
11 8 am Run	12 5:30 – 7 am Masters Swim  1 – 2 pm Masters Swim	13 5:30 – 7 am Tri Club Swim	14 5:30 – 7 am Masters Swim  12 – 1 pm Masters Swim	15 5:30 – 7 am Tri Club Swim  12 - 1 Spin & Core	16 5:30 – 7 am Masters Swim  1 – 2 pm Masters Swim	17 *Ride at Cadence
18 8 am Run  Publix GA Marathon	19 5:30 – 7 am Masters Swim  1 – 2 pm Masters Swim	20 5:30 – 7 am Tri Club Swim	21 5:30 – 7 am Masters Swim  12 – 1 pm Masters Swim	22 5:30 – 7 am Tri Club Swim  12 - 1 Spin & Core	23 5:30 – 7 am Masters Swim  1 – 2 pm Masters Swim	24 *Ride at Cadence  Vanderdash 5k
25 8 am Run	26 5:30 – 7 am Masters Swim  1 – 2 pm Masters Swim	27 5:30 – 7 am Tri Club Swim	28 5:30 – 7 am Masters Swim  12 – 1 pm Masters Swim	29 5:30 – 7 am Tri Club Swim  12 - 1 Spin & Core	30 5:30 – 7 am Masters Swim  1 – 2 pm Masters Swim	31 *Ride at Cadence  Color Run 5k