WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
1/1/1900	1/1/2017	1/2/2017	1/3/2017	1/4/2017	1/5/2017	1/6/2017	1/7/2017
	off	off	off	off	off	off	2.5A miles
1/2/1900	1/8/2017	1/9/2017	1/10/2017	1/11/2017	1/12/2017	1/13/2017	1/14/2017
	off	15 min	15 min	off	20 min	off	3A miles
1/3/1900	1/15/2017	1/16/2017	1/17/2017	1/18/2017	1/19/2017	1/20/2017	1/21/2017
	off	20 min	15 min	off	20 min	off	3.5A miles
1/4/1900	1/22/2017	1/23/2017	1/24/2017	1/25/2017	1/26/2017	1/27/2017	1/28/2017
	off	20 min	20 min	off	20 min	off	4A miles
1/5/1900	1/29/2017	1/30/2017	1/31/2017	2/1/2017	2/2/2017	2/3/2017	2/4/2017
	off	20 min	20 hill	off	25 min	off	4.5A miles
1/6/1900	2/5/2017	2/6/2017	2/7/2017	2/8/2017	2/9/2017	2/10/2017	2/11/2017
	off	25 min	25 hill	off	30 min	off	4B miles
1/7/1900	2/12/2017	2/13/2017	2/14/2017	2/15/2017	2/16/2017	2/17/2017	2/18/2017
	off	25 min	25 hill	off	30 min	off	5A miles
1/8/1900	2/19/2017	2/20/2017	2/21/2017	2/22/2017	2/23/2017	2/24/2017	2/25/2017
	off	25 min	30 hill	off	30 min	off	6A miles
1/9/1900	2/26/2017	2/27/2017	2/28/2017	3/1/2017	3/2/2017	3/3/2017	3/4/2017
	off	30 min	6×30/30	off	30 min	off	7A miles
1/10/1900	3/5/2017	3/6/2017	3/7/2017	3/8/2017	3/9/2017	3/10/2017	3/11/2017
	off	30 min	8×30/30	off	35 min	off	5A miles
1/11/1900	3/12/2017	3/13/2017	3/14/2017	3/15/2017	3/16/2017	3/17/2017	3/18/2017
	off	30 min	10×30/30	off	35 min	off	7B miles
1/12/1900	3/19/2017	3/20/2017	3/21/2017	3/22/2017	3/23/2017	3/24/2017	3/25/2017
	off	30 min	4×60/60	off	40 min	off	8A miles
1/13/1900	3/26/2017	3/27/2017	3/28/2017	3/29/2017	3/30/2017	3/31/2017	4/1/2017
	off	35 min	6×60/60	off	40 min	off	9A miles
1/14/1900	4/2/2017	4/3/2017	4/4/2017	4/5/2017	4/6/2017	4/7/2017	4/8/2017
	off	35 min	8×60/60	off	40 min	off	5A miles
1/15/1900	4/9/2017	4/10/2017	4/11/2017	4/12/2017	4/13/2017	4/14/2017	4/15/2017
	off	35 min	4×120/120	off	40 min	off	8B miles
1/16/1900	4/16/2017	4/17/2017	4/18/2017	4/19/2017	4/20/2017	4/21/2017	4/22/2017
	off	40 min	6×120/120	off	40 min	off	11A miles
1/17/1900	4/23/2017	4/24/2017	4/25/2017	4/26/2017	4/27/2017	4/28/2017	4/29/2017
	off	30 min	4×180/180	off	25 min	off	7A miles
1/18/1900	4/30/2017	5/1/2017	5/2/2017	5/3/2017	5/4/2017	5/5/2017	5/6/2017
	off	40 min	4×180/180	off	30 min	off	9A miles
1/19/1900	5/7/2017	5/8/2017	5/9/2017	5/10/2017	5/11/2017	5/12/2017	5/13/2017
	off	30 min	2×240/240	off	25 min	off	10A miles
1/20/1900	5/14/2017	5/15/2017	5/16/2017	5/17/2017	5/18/2017	5/19/2017	5/20/2017
	off	30 min	4×240/240	off	40 min	off	9A miles
1/21/1900	5/21/2017	5/22/2017	5/23/2017	5/24/2017	5/25/2017	5/26/2017	5/27/2017
	off	30 min	30 hill	off	25 min	off	13A miles
1/22/1900	5/28/2017	5/29/2017	5/30/2017	5/31/2017	6/1/2017	6/2/2017	6/3/2017
	off	30 min	30 hill	off	40 min	off	6A miles
1/23/1900	6/4/2017	6/5/2017	6/6/2017	6/7/2017	6/8/2017	6/9/2017	6/10/2017
	off	30 min	30 min	off	30 min	off	4A miles
1/24/1900	6/11/2017	6/12/2017	6/13/2017	6/14/2017	6/15/2017	6/16/2017	6/17/2017
	off	30 min	20 min	off	20 min	off	off
1/25/1900	6/18/2017	6/19/2017	6/20/2017	6/21/2017	6/22/2017	6/23/2017	6/24/2017
	Race Day	off	off	off	off	off	Rejoin SWR