

ALPINE MEADOWS MASTERS

January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Afternoon Training 12:00-3:00 Coaches: John & David SL Nick's Run	2 Coaches: John & David SL Nick's Run Video	3 Coaches: John & David GS Run TBA
4 OFF	5 Coach John SL	6 Coach John SL Video	7 Coach John GS	8 Coach John GS Timed	9 Coaches: John & David GS Video	10 Coaches: John & David SL Timed
11 OFF	12 Coach John GS	13 Coach John GS	14 Coach Sean SL Video	15 Coach Sean SL Timed	16 Coaches: John & David SL Video	17 Coaches: John & David GS
18 Coach John GS Video	19 OFF	20 Coach Sean SL	21 Coach Sean GS	22 Coach Sean GS	23 Coach Dave GS	24 Coach Dave SL
25 OFF	26 Coach John GS	27 Coach Sean GS	28 Coach Sean SL	29 Coach Sean SL	30 Coach Dave SL	31 Coach Dave GS