

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Run # 6	2 Workout #1	3 Workout #2	4
5	6 OFF	7 First day of school	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		