

In the event that there are changes to this schedule, we will update you via email.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Time	5pm	6pm	6.30pm		REST DAY		7.30am
Event	Running skills/drills	Cycling laps	FC kids/FJM kids all ages CYCLING SKILLS-b rick run				Allgood FB-50 Cycling/ OR 30
	FYPT, FYET only	FYET only	FYDT,FYPT,FYET		FYDT,FYPT,FYET		FYET only
Start location	Stonemill Church Occasionally we will go to track	PFP Office Park 21 Stonemill Church.	Crosspointe way. BRING BIKE STANDS!				N.Brown. Sever Road
Time	6.00pm					11.30am	3.30pm-5.00pm
Event	Hill repeats					FC ladies and Gents ride. 20miles	Bike skills Practice and run,
	FYPT, FYET only					FYET only	FYDT,FYPT,FYET
Location	Stonemill church					Subway Suwanee, Ga	Cross Pointe Way. BRING BIKE STANDS!
				FYET only			
				Endurance run: Individual run will be emailed to you.			
Swim Sessions	FYDT,FYPT,FYET Swim sessions for the week will be EMAILED on Mondays	Swim to be completed on own schedule.					
	FYDT. 1 session per week FYPT. 2 sessions per week FJET- expected to be a member of a swim club.						