

Group Workouts

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Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	Week 3						HOURS 7:00 TR 7:00 TSS 600 TR 625
	Hunter -1 02:00:00 123 DURATION 123	Eclipse 01:30:00 104 DURATION 104	Antelope +5 02:00:00 129 DURATION 129	Fletcher 01:30:00 65 DURATION 100	Galena +3 02:00:00 137 DURATION 100	Wright Pe... 02:00:00 127 DURATION 100	
	TR	TR	TR	TR	TR	TR	
17	18	19	20	21	22	23	Wk 34
	Week 4						HOURS 7:00 TR 7:00 TSS 700 TR 700
	Tallac +3 02:00:00 135 DURATION 100	Tallac +2 01:30:00 104 DURATION 100	Juneau -1 02:00:00 129 DURATION 100	Andrews 01:30:00 73 DURATION 100	Wright Pe... 02:00:00 143 DURATION 100	Antelope +5 02:00:00 129 DURATION 100	
	TR	TR	TR	TR	TR	TR	
24	25	26	27	28	29	30	Wk 35
	Week 5						HOURS 7:00 TR 7:00 TSS 700 TR 700
	Tallac +3 02:00:00 135 DURATION 100	Tallac +2 01:30:00 104 DURATION 100	Juneau -1 02:00:00 129 DURATION 100	Andrews 01:30:00 73 DURATION 100	Wright Pe... 02:00:00 143 DURATION 100	Antelope +5 02:00:00 129 DURATION 100	
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