

February

M 1 BP/shovel^{x2}
T 2 Shovel x3/Precor/Row
W 3 Row/The Trip/shovel
Th 4 XC Ski/yoga/row
F 5 Body Flow/Run 5.75
S 6 XC Ski/run 3m/BP

Su 7 row 5000/Precor
M 8 Yoga/BP Lynn
T 9 Row 5000/elliptical

W 10 The Trip/XC Ski Lynn
Th 11 BP 97/Row 3695
F 12 The Trip/XC Ski Scott
S 13 Row 5000

Su 14 BP Chantelle/Kahney walk/cycle/Flow

M 15 Run 3/XC Ski Scott/BP Lynn

T 16 Bristol Ski

W 17 5000 Row/Trip/BP

Th 18 Run 3.35^{Christina}/Row 5000

F 19 Run 3.62^{Teresa}/Trip

S 20 BP Chantelle/XC Ski

Su 21 Row 5000/^{Solo}Run 4/yoga Scott

M 22 BP Lynn/

T 23 5000m/yoga

W 24 5000 m row, elliptical, BP

Th 25 Rest

F 26 5000 m row, LMOD rpm 87

S 27 Run w/ Lynn 4m, BP

Su 28 row 5000, ride, yoga

Goals

- Yoga at least 3 days a week
Didn't hit

Challenges

- ✓ Le Col Project Active 300 min
- ✓ Love to Sweat with Picky Bars (30 min)
- ✓ Feb SK