

Brevard TNT

Aug 2008 (Eastern Time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Rest	28 Cross Train	29 4 Miles	30 Cross Train	31 5 Miles	1 4 Miles	2 Buddy 10 Miles
3 Buddy 10 Miles	4 Rest	5 4 Miles	6 Cross Train	7 5 Miles	8 Rest	9 14 Miles
10 Rest	11 4 Miles	12 4 Miles	13 Cross Train	14 5 Miles	15 Cross Train	16 Rest
17 10 Miles	18 Rest	19 4 Miles	20 Cross Train	21 5 Miles	22 Rest	23 F-14 H-6
24 Rest	25 4 Miles	26 4 Miles	27 Cross Train	28 5 Miles	29 Rest	30 Buddy F-14 Miles H-8
31 Buddy F-14 Miles H-8 Va Beach 1/2 marat...	1 4 Miles	2 4 Miles	3 Cross Train	4 F-6 Miles H-4 Miles	5	6