Monthly training calendar

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6	7
1							
	8	9	10	11	12	13	14
2							
	15	16	17	18	19	20	21
3							
	22	23	24	25	26	27	28
4							
4							
	20	20	31				
	29	30	10				
5							



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