

TYMS' PLAN 2005/2006

Week			MON	TUE	WED	THU	FRI	SAT	SUN	Cycle
1	AM PM	AUG 29,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	0
2	AM PM	SEP 5,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	OWS St.Marys	1
3	AM PM	SEP 12,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	2
4	AM PM	SEP 19,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	3
5	AM PM	SEP 26,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	4
6	AM PM	OCT 3,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	5
7	AM PM	OCT 10,2005	Swim		Swim		Swim	Brantford	Swim	rest
8	AM PM	OCT 17,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	1
9	AM PM	OCT 24,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight		2
10	AM PM	OCT 31,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	3
11	AM PM	NOV 7,2005	Swim		Swim		Swim		Kingston	rest
12	AM PM	NOV 14,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	1
13	AM PM	NOV 21,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Etobicoke	2
14	AM PM	NOV 28,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	3
15	AM PM	DEC 5,2005	Swim		Swim		Swim		Pentathlon	rest
16	AM PM	DEC 12,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	1
17	AM PM	DEC 19,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	2

18	AM PM	DEC 26,2005	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	3
19	AM PM	JAN 2,2006	Swim		Swim		Swim		Swim	rest
20	AM PM	JAN 9,2006	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	1
21	AM PM	JAN 16,2006	Swim	Weight	Swim	Run or Bike	Swim	Weight	Alderwood	2
22	AM PM	JAN 23,2006	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	3
23	AM PM	JAN 30,2006	Swim	Weight	Swim		Swim	Weight	London	rest
24	AM PM	FEB 6,2006	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	1
25	AM PM	FEB 13,2006	Swim	Weight	Swim	Run or Bike	Swim	Weight	Burlington	2
26	AM PM	FEB 20,2006	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	3
27	AM PM	FEB 27,2006	Swim		Swim		Swim		Milton	rest
28	AM PM	MAR 6,2006	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	1
29	AM PM	MAR 13,2006	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	2
30	AM PM	MAR 20,2006	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	3
31	AM PM	MAR 27,2006	Swim		Swim		Ontario St.Catharines	Ontario St.Catharines	Ontario St.Catharines	rest
32	AM PM	APR 3,2006	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	1
33	AM PM	APR 10,2006	Swim	Weight	Swim	Run or Bike	Swim	Weight	Swim	2
34	AM PM	APR 17,2006	Swim		Swim		Swim		Swim	3
35	AM PM	APR 24,2006	Swim		Swim		Swim		Swim	taper

36	AM PM	MAY 1,2006	Swim		Swim		Swim		Swim	taper
37	AM PM	MAY 8,2006	Swim		Swim		Swim		Swim	taper
38	AM PM	MAY 15,2006	Swim		Swim		Canadian	Canadian	Canadian	start
39	AM PM	MAY 22,2006	Canadian	Light weight	Swim		Swim	Light weight	Swim	start/1
40	AM PM	MAY 29,2006	Swim	Light weight	Swim		Swim	Light weight	Swim	2
41	AM PM	JUN 5,2006	Swim	Light weight	Swim		Swim	Light weight	Swim	3
42	AM PM	JUN 12,2006	Swim	Light weight	Swim		Swim	Light weight	Swim	rest
43	AM PM	JUN 19,2006	Swim	Light weight	Swim		Swim	Light weight	Swim	1
44	AM PM	JUN 26,2006	Swim		Swim		Swim		Swim	2
45	AM PM	JUL 3,2006	Swim		Swim		Swim		Swim	3
46	AM PM	JUL 10,2006	Swim		Swim		Swim		Swim	taper
47	AM PM	JUL 17,2006	Swim		Swim		Swim		Swim	taper
48	AM PM	JUL 24,2006	Swim		Swim		Swim		Swim	taper
49	AM PM	JUL 31,2006	Swim		Swim		Worlds Stanford	Worlds Stanford	Worlds Stanford	start
50	AM PM	AUG 7,2006	Worlds Stanford	Worlds Stanford	Worlds Stanford	Worlds Stanford	Worlds OWS		Swim	start
51	AM PM	AUG 14,2006	Swim		Swim		Swim		Swim	transition
52	AM PM	AUG 21,2006	Swim		Swim		Swim		Swim	transition
53	AM PM	AUG 28,2006	Swim		Swim		Swim		Swim	transition









