

Program PowerFLIGHT 2013 - Strength & Speed Sessions

Week	Date	Time	Type
Week #01	Wed 9/1	1900 hrs	Hills
	Sat 12/1	0700 hrs	Tempo
Week #02	Wed 16/1	1900 hrs	Track
	Sat 19/1	0700 hrs	Tempo
Week #03	Wed 23/1	1900 hrs	Hills
	Sun 27/1	0700 hrs	Tempo
Week #04	Wed 30/1	1900 hrs	Track
	Sat 2/2	0700 hrs	Tempo
Week #05	Wed 6/2	1900 hrs	Hills
	Sat 9/2	0700 hrs	Tempo
Week #06	Wed 13/2	1900 hrs	Track
	Sat 16/2	0700 hrs	Tempo
Week #07	Wed 20/2	1900 hrs	Hills
	Sat 23/2	0700 hrs	Tempo
Week #08	Wed 27/2	1900 hrs	Track
	Sat 2/3	0700 hrs	Tempo
Week #09	Wed 6/3	1900 hrs	Hills
	Sat 9/3	0700 hrs	Tempo
Week #10	Wed 13/3	1900 hrs	Track
	Sat 16/3	0700 hrs	Tempo
Ext #01	Wed 20/3	1900 hrs	Hills
	Sat 23/3	0700 hrs	Tempo
Ext #02	Wed 27/3	1900 hrs	Track
	Sat 30/3	0700 hrs	Tempo