

FEB 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<p>FVA Track Cert. 1800-1830 FVA NOOB NIGHT 1830-2030 FVA sprints workout 1830-2030</p> <p>26 Day 26</p>	<p>27 Day 27</p>	<p>28 Day 28</p>	<p>FVA Track Cert. 1800-1830 FVA Motor Pacing 1830-2100</p> <p>29 Day 29</p>	<p>TopStep Race Series 1830-2100</p> <p>30 Day 30</p>	<p>31 Day 31</p>	<p>01 Week 5/Day 32</p>
<p>FVA Track Cert. 1800-1830 FVA NOOB NIGHT 1830-2030 FVA sprints workout 1830-2030</p> <p>02 Week 6/Day 33</p>	<p>03 Day 34</p>	<p>04 Day 35</p>	<p>FVA Track Cert. 1800-1830 FVA Motor Pacing 1830-2100</p> <p>05 Day 36</p>	<p>TopStep Race Series 1830-2100</p> <p>06 Day 37</p>	<p>07 Day 38</p>	<p>08 Day 39</p>
<p>FVA Track Cert. 1800-1830 FVA NOOB NIGHT 1830-2030 FVA sprints workout 1830-2030</p> <p>09 Week 7/Day 40</p>	<p>10 Day 41</p>	<p>11 Day 42</p>	<p>FVA Track Cert. 1800-1830 FVA Motor Pacing 1830-2100</p> <p>12 Day 43</p>	<p>13 Day 44</p>	<p>14 Day 45</p>	<p>15 Day 46</p>
<p>FVA Track Cert. 1800-1830 FVA NOOB NIGHT 1830-2030 FVA sprints workout 1830-2030</p> <p>16 Week 8/Day 47</p>	<p>17 Day 48</p>	<p>18 Day 49</p>	<p>FVA Track Cert. 1800-1830 FVA Motor Pacing 1830-2100</p> <p>19 Day 50</p>	<p>FVA Sprintacular 1:1</p> <p>20 Day 51</p>	<p>21 Day 52</p>	<p>22 Day 53</p>
<p>FVA Track Cert. 1800-1830 FVA NOOB NIGHT 1830-2030 FVA sprints workout 1830-2030</p> <p>23 Week 9/Day 54</p>	<p>24 Day 55</p>	<p>25 Day 56</p>	<p>FVA Track Cert. 1800-1830 FVA Motor Pacing 1830-2100</p> <p>26 Day 57</p>	<p>FVA Sprintacular 1:2</p> <p>27 Day 58</p>	<p>28 Day 59</p>	<p>29 Day 60</p>
<p>01 Week 10/Day 61</p>	<p>02 Day 62</p>	NOTES				