





























JANUARY

 = 1 hour







































 = 5 miles

		S	M	T	W	T	F	S	
		S	M	T	W	T	F	S	
		S	M	T	W	T	F	S	
		S	M	T	W	T	F	S	  
		S	M	T					

FEBRUARY

							W	T	F	S	  
				S	M	T	W	T	F	S	  
				S	M	T	W	T	F	S	   
				S	M	T	W	T	F	S	   
				S	M	T	W				

MARCH

									T	F	S	 
					S	M	T	W	T	F	S	    
					S	M	T	W	T	F	S	  
					S	M	T	W	T	F	S	   
					S	M	T	W	T	F	S	    

APRIL

					S	M	T	W	T	F	S	     
					S	M	T	W	T	F	S	  
					S	M	T	W	T	F	S	   
					S	M	T	W	T	F	S	
					S	M						