# MARCH

| SU | M | T | W | TH | F | S |
|---|---|---|---|---|---|---|
| | | | | | CLIMBING<br>JOSHUA TREE<br>BOULDER OR TR:<br>ROUTES:<br>><br>> 1 | CLIMBING<br>JOSHUA TREE<br>BOULDER OR TR:<br>ROUTES:<br>><br>> 2 |
| CLIMBING<br>JOSHUA TREE<br>BOULDER OR TR:<br>ROUTES:<br>><br>> 3 | BREAK 4 | RUNNING<br>MILES:<br>PUSH - UPS:<br>CRUNCHES:<br>PULL - UPS:<br>SQUATS: (VIDEO) 5 | CLIMBING<br>BOULDER OR TR:<br>ROUTES:<br>><br>><br>><br>><br>> 6 | RUNNING<br>MILES:<br>PUSH - UPS:<br>CRUNCHES:<br>PULL - UPS:<br>SQUATS: (VIDEO) 7 | CLIMBING<br>BOULDER OR TR:<br>ROUTES:<br>><br>><br>><br>><br>> 8 | RUNNING<br>MILES: 9 |
| CLIMBING<br>RIVERSIDE (CLEAN ROUTE)<br>BOULDER OR TR:<br>ROUTES:<br>><br>> 10 | BREAK 11 | RUNNING<br>MILES:<br>PUSH - UPS:<br>CRUNCHES:<br>PULL - UPS:<br>SQUATS: (VIDEO) 12 | CLIMBING<br>BOULDER OR TR:<br>ROUTES:<br>><br>><br>><br>><br>> 13 | RUNNING<br>MILES:<br>PUSH - UPS:<br>CRUNCHES:<br>PULL - UPS:<br>SQUATS: (VIDEO) 14 | CLIMBING<br>BOULDER OR TR:<br>ROUTES:<br>><br>><br>><br>><br>> 15 | RUNNING<br>MILES: 16 |
| CLIMBING<br>RIVERSIDE (CLEAN ROUTE)<br>BOULDER OR TR:<br>ROUTES:<br>><br>> 17 | BREAK 18 | RUNNING<br>MILES:<br>PUSH - UPS:<br>CRUNCHES:<br>PULL - UPS:<br>SQUATS: (VIDEO) 19 | CLIMBING<br>BOULDER OR TR:<br>ROUTES:<br>><br>><br>><br>><br>> 20 | RUNNING<br>MILES:<br>PUSH - UPS:<br>CRUNCHES:<br>PULL - UPS:<br>SQUATS: (VIDEO) 21 | CLIMBING<br>BOULDER OR TR:<br>ROUTES:<br>><br>><br>><br>><br>> 22 | RUNNING<br>MILES: 23 |
| CLIMBING<br>RIVERSIDE (CLEAN ROUTE)<br>BOULDER OR TR:<br>ROUTES:<br>><br>> 24 | BREAK 25 | RUNNING<br>MILES:<br>PUSH - UPS:<br>CRUNCHES:<br>PULL - UPS:<br>SQUATS: (VIDEO) 26 | CLIMBING<br>BOULDER OR TR:<br>ROUTES:<br>><br>><br>><br>><br>> 27 | RUNNING<br>MILES:<br>PUSH - UPS:<br>CRUNCHES:<br>PULL - UPS:<br>SQUATS: (VIDEO) 28 | CLIMBING<br>BOULDER OR TR:<br>ROUTES:<br>><br>><br>><br>><br>> 29 | RUNNING<br>MILES: 30 |
| CLIMBING<br>RIVERSIDE (CLEAN ROUTE)<br>BOULDER OR TR:<br>ROUTES:<br>><br>> 31 | | | | | | |

IT'S GOING TO BE A GOOD YEAR

DESIGNLOVEFEST