

**home mile high club pdf**

MONDAY & TUESDAY WEEKLY SCHEDULE PDF. THURSDAY TRAINING INFORMATION . The weekly training schedule is designed to give you at least two of the three core training sessions i.e. Efforts, on a Monday/Tuesday & Tempo on Wednesday/Thursday.

**Home [[www.aberystwythac.co.uk](http://www.aberystwythac.co.uk)]**

October 2009 - Home Metal Shop Club Newsletter - V.14 No.10 2 Twenty-two members attended the 1:00 p.m. meeting at the Looscan library. President Vance

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