

# JUNE

SUN

MON

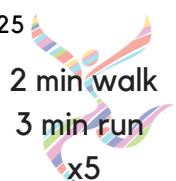
TUE

WED

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FRI

SAT

					01	02
03 Rest or Cross train	04  FIELD EXP 2 min walk 30 sec run	05 Rest or Cross train	06 3 min walk 1 min run x5	07 Cross train	08 2 min walk 1 min run x6	09 Rest
10 Rest or Cross train	11  2 min walk 1 min run x8	12 Rest or Cross train	13 3 min walk 2 min run x5	14 Cross train	15 2 min walk 1 min run x6	16 Rest
17 Rest or Cross train	18  2 min walk 2 min run x7	19 Rest or Cross train	20 3 min walk 2 min run x5	21 Cross train	22 3 min walk 2 min run x4	23 Rest
24 Rest or Cross train	25  2 min walk 3 min run x5	26 Rest or Cross train	27 1.5 min walk 1.5 min run x8	28 Cross train	29 3 min walk 2 min run x6	30 Rest

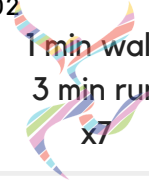
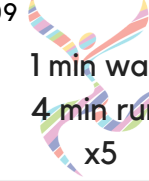
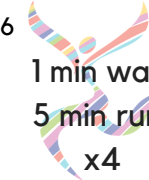
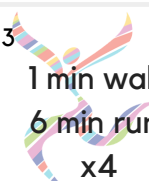
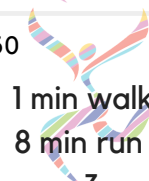
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SUN	MON	TUE	WED	THU	FRI	SAT
01 Rest or Cross train	02  1 min walk 3 min run x7	03 Rest or Cross train	04 1 min walk 2 min run x10	05 Cross train	06 1 min walk 2.5 min run x9	07 Rest
08 Rest or Cross train	09  1 min walk 4 min run x5	10 Rest or Cross train	11 1 min walk 2 min run x10	12 Cross train	13 1 min walk 4 min run x6	14 Rest
15 Rest or Cross train	16  1 min walk 5 min run x4	17 Rest or Cross train	18 1 min walk 1.5 min run x12	19 Cross train	20 2 min walk 2 min run x9	21 Rest
22 Rest or Cross train	23  1 min walk 6 min run x4	24 Rest or Cross train	25 1.5 min walk 3 min run x7	26 Cross train	27 1 min walk 2 min run x10	28 Rest
29 Rest or Cross train	30  1 min walk 8 min run x3	31 Rest or Cross train				

# AUGUST

SUN

MON



TUE

WED

THU

FRI

SAT

			01 walk/run 5k with even intervals	02  Cross train	03 1.5 min walk 2 min run x10	04  Rest
05  Rest or Cross train	06  1 min walk 9 min run x3	07  Rest or Cross train	08 1 min walk 2 min run x10	09  20 min walk	10 Pick up for LOL 5k Packet	11  <b>LOL 5k</b>
12  Rest	13  Post Race Reflection	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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