

JUNE

SUN

MON


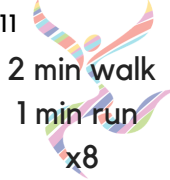
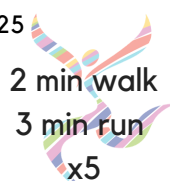
TUE

WED

THU

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

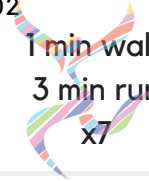
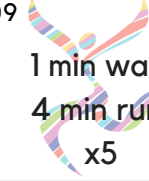
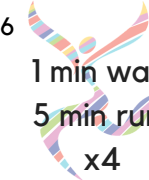
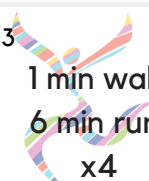
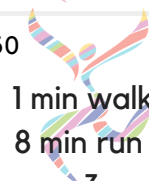
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SUN	MON	TUE	WED	THU	FRI	SAT
01 Rest or Cross train	02  1 min walk 3 min run x7	03 Rest or Cross train	04 1 min walk 2 min run x10	05 Cross train	06 1 min walk 2.5 min run x9	07 Rest
08 Rest or Cross train	09  1 min walk 4 min run x5	10 Rest or Cross 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 LOL 5k
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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