

JUNE

SUN

MON





TUE

WED

THU

FRI

SAT

					01	02
03 Rest or Cross train	04  FIELD EXP Walk 25 min	05 Rest or Cross train	06 2min easy 30 sec hard x's 10	07 Cross train	08 walk 20min conversation pace	09 Rest
10 Rest or Cross train	11  walk 25min conversation pace	12 Rest or Cross train	13 2min easy 1min hard x's 10	14 Cross train	15 walk 25min conversation pace	16 Rest
17 Rest or Cross train	18  walk 25min conversation pace	19 Rest or Cross train	20 2min easy 2min hard x's 10	21 Cross train	22 walk 35min conversation pace	23 Rest
24 Rest or Cross train	25  walk 25min conversation pace	26 Rest or Cross train	27 2min easy 3min hard x's 10	28 Cross train	29 walk 40min conversation pace	30 Rest


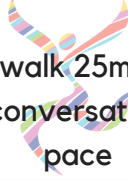



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SUN	MON	TUE	WED	THU	FRI	SAT
01 Rest or Cross train	02 walk 25min conversation pace 	03 Rest or Cross train	04 2min easy 1min hard x's 10	05 Cross train	06 walk 30min conversation pace	07 Rest
08 Rest or Cross train	09 walk 25min conversation pace 	10 Rest or Cross train	11 2min easy 3min hard x's 10	12 Cross train	13 walk 40min conversation pace	14 Rest
15 Rest or Cross train	16 walk 25min conversation pace 	17 Rest or Cross train	18 2min easy 4min hard x's 5	19 Cross train	20 walk 45min conversation pace	21 Rest
22 Rest or Cross train	23 walk 25min conversation pace 	24 Rest or Cross train	25 2min easy 5min hard x's 5	26 Cross train	27 walk 50min conversation pace	28 Rest
29 Rest or Cross train	30 walk 25min conversation pace 	31 Rest or Cross train				

AUGUST

SUN

MON



TUE

WED

THU

FRI

SAT

			01 2min easy 2min hard x's 8	02 Cross train	03 walk 40min conversation pace	04 Rest
05 Rest or Cross train	06  walk 25min conversation pace	07 Rest or Cross train	08 2min easy 1min hard x's 6	09 20 min walk	10 Pick up for LOL 5k Packet	11 LOL 5k
12 Rest	13  walk 25min conversation pace	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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