

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 |


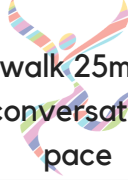



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| SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------------------|---|---------------------------------|--|-------------------|--|------------|
| 01 Rest or Cross train | 02  walk 25min conversation pace | 03 Rest or Cross train | 04 2min 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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