

| Sunday     | Monday                  | Tuesday               | Wednesday             | Thursday   | Friday                  | Saturday                 |
|------------|-------------------------|-----------------------|-----------------------|------------|-------------------------|--------------------------|
| 28<br>Rest | 1<br>Crosstrain 30 min  | 2<br>Walk/Jog 30 min  | 3<br>Walk/Jog 30 min  | 4<br>Rest  | 5<br>Crosstrain 30 min  | 6<br>8am - Anthem 5k     |
| 7<br>Rest  | 8<br>Crosstrain 30 min  | 9<br>Walk/Jog 30 min  | 10<br>Walk/Jog 40 min | 11<br>Rest | 12<br>Crosstrain 30 min | 13<br>Walk/Jog 60 min    |
| 14<br>Rest | 15<br>Crosstrain 30 min | 16<br>Walk/Jog 30 min | 17<br>Walk/Jog 40 min | 18<br>Rest | 19<br>Crosstrain 30 min | 20<br>8am - Rhodes City  |
| 21<br>Rest | 22<br>Crosstrain 30 min | 23<br>Walk/Jog 30 min | 24<br>Walk/Jog 45 min | 25<br>Rest | 26<br>Crosstrain 30 min | 27<br>Walk/Jog 80 min    |
| 28<br>Rest | 29<br>Crosstrain 30 min | 30<br>Walk/Jog 30 min | 31<br>Walk/Jog 45 min | 1<br>Rest  | 2<br>Crosstrain 30 min  | 3<br>8am - Papa Johns 10 |