

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	6	7	8	9	10	11
		<ul style="list-style-type: none"> • 5 min jog/walk to warm up • Stretch • 20-minute run: jog 2 minutes walk 2 minutes 	<ul style="list-style-type: none"> • 5 min jog/walk to warm up • Stretch • 20-minute run: jog 2 minutes walk 2 minutes 	REST	<ul style="list-style-type: none"> • 5 min jog/walk to warm up • Stretch • 25-minute run: jog 3 minutes walk 2 minutes 	REST
12	13	14	15	16	17	18
REST	<ul style="list-style-type: none"> • 5 min jog/walk warm up • Stretch • 25-minute run: jog 3 minutes walk 2 minutes 	<ul style="list-style-type: none"> • 5 min jog/walk warm up • Stretch • 25-minute run: jog 3 minutes walk 2 minutes 	REST	<ul style="list-style-type: none"> • 5 min jog/walk warm up • Stretch • 20-minute run: jog 3 minutes, walk 2 minutes 	<ul style="list-style-type: none"> • 5 min jog warm up • Stretch • 25-minute run: jog 3 minutes, walk 1 minute 	REST
19	20	21	22	23	24	25
PRACTICE AT RHS 6-7 PM	<ul style="list-style-type: none"> • 5 min jog warm up • Stretch • 20-minute run: jog 3 minutes, walk 1 minute 	PRACTICE AT RHS 6-7 PM	PRACTICE AT RHS 6-7 PM	REST	<ul style="list-style-type: none"> • 5 min jog warm up • Stretch • 30-minute run: jog 3 minutes, walk 2 minutes 	REST
26	27	28	29	30	31	
PRACTICE AT RHS 6-7 PM	<ul style="list-style-type: none"> • 5 min jog warm up • Stretch • 30-minute run: jog 3 minutes, walk 1 minute 	PRACTICE AT RHS 6-7 PM	PRACTICE AT RHS 6-7 PM	REST	<ul style="list-style-type: none"> • 5 min jog warm up • Stretch • 30-minute run: jog 3 minutes, walk 1 minute 	