

**I WANT TO SEE THIS CHART ON AUGUST 19!!!!**  
**FIRST YEAR WEEKLY CALENDAR**  
**SUMMER 2019**

INSTRUCTIONS: I have included the amount of time in minutes you should run each day. If you want to cross train, a bike ride that is THREE TIMES as long can substitute. In the open space below the time, write in what you ACTUALLY do.

<b>WEEK</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>R</b>	<b>F</b>	<b>S</b>	<b>S</b>	<b>TOTAL</b>
WEEK 1 June 17-23	walk	15	15	walk	10	walk	25	60
WEEK 2 June 24-30	walk	15	20	walk	12	walk	30	72
WEEK 3 June 25-31	walk	15	20	walk	12	walk	30	72
WEEK 4 July 1-7	walk	20	25	walk	15	walk	35	90
WEEK 5 July 8-14	walk	15	20	walk	12	walk	30	72
WEEK 6 July 22-28	walk	20	25	walk	15	walk	41	96
WEEK 7 July 29-Aug 4	walk	20	27	walk	20	walk	45	108
WEEK 8 August 5-11	walk	20	30	walk	20	walk	50	120
WEEK 9 August 12-18	walk	20	25	walk	15	walk	41	96