

Modesto Moves / Walk Group, 2026 Training Schedule

MAY

April 26 Sunday	April 27 Monday	April 28 Tuesday	April 29 Wednesday	April 30 Thursday	1 Friday	2 Saturday
3 Sunday	4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday	9 Saturday Season Begins! 7:30 am East La Loma Park 2.5 miles or 40 minute maximum
10 Sunday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	11 Monday 20 minute minimum of WALKING	12 Tuesday 6:30 pm Roseburg Square for 45-60 minute group workout	13 Wednesday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	14 Thursday 20 minute minimum of WALKING	15 Friday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	16 Saturday 7:30 am East La Loma Park 3 miles or 50 minute maximum
17 Sunday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	18 Monday 20 minute minimum of WALKING	19 Tuesday 6:30 pm Roseburg Square for 45-60 minute group workout	20 Wednesday Your choice of ACTIVE MOVEMENT (minimum of 20 minutes)	21 Thursday 20 minute minimum of WALKING	22 Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	23 Saturday Modesto Memorial Classic 1 mile and/or 5K walk/run event
24 Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	25 Monday 30 minute minimum of WALKING	26 Tuesday 6:30 pm Surgical Artistry for 45-60 minute group workout	27 Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	28 Thursday 30 minute minimum of WALKING	29 Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	30 Saturday 7:30 am East La Loma Park 4 miles or 65 minute maximum

Note: ACTIVE MOVEMENT = cross training, yoga, dancing, swimming, stretching, strength training, etc. — just about anything that requires you to MOVE (!)

Schedule subject to change • Last update, 3/25/26

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JUNE

May 31 Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	1 Monday 30 minute minimum of WALKING	2 Tuesday 6:30 pm Roseburg Square for 60-75 minute group workout	3 Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	4 Thursday 30 minute minimum of WALKING	5 Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	6 Saturday 6:30 am East La Loma Park 5 miles or 85 minute maximum
7 Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	8 Monday 30 minute minimum of WALKING	9 Tuesday 6:30 pm Roseburg Square for 60-90 minute group workout	10 Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	11 Thursday 30 minute minimum of WALKING	12 Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	13 Saturday 6:30 am East La Loma Park 6 miles or 100 minute maximum
14 Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	15 Monday 30 minute minimum of WALKING	16 Tuesday 6:30 pm Roseburg Square for 60-90 minute group workout	17 Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	18 Thursday 30 minute minimum of WALKING	19 Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	20 Saturday Roger's Run Faith Home Ranch, Ceres 5K walk/run event
21 Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	22 Monday 30 minute minimum of WALKING	23 Tuesday 6:30 pm Surgical Artistry for 60-90 minute group workout	24 Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	25 Thursday 30 minute minimum of WALKING	26 Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	27 Saturday 6:30 am East La Loma Park 5 miles or 85 minute maximum
28 Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	29 Monday 30 minute minimum of WALKING	30 Tuesday 6:30 pm Roseburg Square for 60-90 minute group workout	July 1 Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	July 2 Thursday 30 minute minimum of WALKING	July 3 Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	July 4 Saturday 6:30 am East La Loma Park 6 miles or 100 minute maximum

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Modesto Moves / Walk Group, 2026 Training Schedule

JULY

June 28 Sunday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	June 29 Monday 30 minute minimum of WALKING	June 30 Tuesday 6:30 pm Roseburg Square for 60-90 minute group workout	1 Wednesday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	2 Thursday 30 minute minimum of WALKING	3 Friday Your choice of ACTIVE MOVEMENT (minimum of 30 minutes)	4 Saturday 6:30 am East La Loma Park 6 miles or 100 minute maximum
5 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	6 Monday 30 minute minimum of WALKING	7 Tuesday 6:30 pm Roseburg Square for 60-120 minute group workout	8 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	9 Thursday 30 minute minimum of WALKING	10 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	11 Saturday 6:30 am East La Loma Park 7 miles or 120 minute maximum
12 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	13 Monday 30 minute minimum of WALKING	14 Tuesday 6:30 pm Roseburg Square for 60-120 minute group workout	15 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	16 Thursday 30 minute minimum of WALKING	17 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	18 Saturday 6:30 am East La Loma Park 8 miles or 135 minute maximum
19 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	20 Monday 40 minute minimum of WALKING	21 Tuesday 6:30 pm Surgical Artistry for 60-90 minute group workout	22 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	23 Thursday 40 minute minimum of WALKING	24 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	25 Saturday 6:30 am East La Loma Park 9 miles or 150 minute maximum
26 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	27 Monday 40 minute minimum of WALKING	28 Tuesday 6:30 pm Roseburg Square for 60-120 minute group workout	29 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	30 Thursday 40 minute minimum of WALKING	31 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	Aug 1 Saturday 6:30 am East La Loma Park 7 miles or 120 minute maximum

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Modesto Moves / Walk Group, 2026 Training Schedule

AUGUST

July 26 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	July 27 Monday 40 minute minimum of WALKING	July 28 Tuesday 6:30 pm Roseburg Square for 60-120 minute group workout	July 29 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	July 30 Thursday 40 minute minimum of WALKING	July 31 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	1 Saturday 6:30 am East La Loma Park 7 miles or 120 minute maximum
2 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	3 Monday 40 minute minimum of WALKING	4 Tuesday 6:30 pm Roseburg Square for 60-120 minute group workout	5 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	6 Thursday 40 minute minimum of WALKING	7 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	8 Saturday 6:30 am East La Loma Park 8 1/2 miles or 140 minute maximum
9 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	10 Monday 40 minute minimum of WALKING	11 Tuesday 6:30 pm Roseburg Square for 60-120 minute group workout	12 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	13 Thursday 40 minute minimum of WALKING	14 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	15 Saturday 6:30 am East La Loma Park 10 miles or 170 minute maximum
16 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	17 Monday 40 minute minimum of WALKING	18 Tuesday 6:30 pm Roseburg Square for 60-120 minute group workout	19 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	20 Thursday 40 minute minimum of WALKING	21 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	22 Saturday 6:30 am East La Loma Park 7 miles or 120 minute maximum
23 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	24 Monday 50 minute minimum of WALKING	25 Tuesday 6:30 pm Surgical Artistry for 60-120 minute group workout	26 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	27 Thursday 50 minute minimum of WALKING	28 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	29 Saturday 6:30 am East La Loma Park 9 miles or 150 minute maximum

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SEPTEMBER

Aug 30 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	Aug 31 Monday 50 minute minimum of WALKING	1 Tuesday 6:30 pm Roseburg Square for 60-120 minute group workout	2 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	3 Thursday 50 minute minimum of WALKING	4 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	5 Saturday 6:30 am East La Loma Park 11 miles or 185 minute maximum
6 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	7 Monday 50 minute minimum of WALKING	8 Tuesday 6:30 pm Roseburg Square for 60-120 minute group workout	9 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	10 Thursday 50 minute minimum of WALKING	11 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	12 Saturday 6:30 am East La Loma Park 9 miles or 150 minute maximum
13 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	14 Monday 50 minute minimum of WALKING	15 Tuesday 6:30 pm Roseburg Square for 60-120 minute group workout	16 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	17 Thursday 50 minute minimum of WALKING	18 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	19 Saturday 6:30 am East La Loma Park 7 miles or 120 minute maximum
20 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	21 Monday 50 minute minimum of WALKING	22 Tuesday 6:30 pm Surgical Artistry for 60-120 minute group workout	23 Wednesday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	24 Thursday 50 minute minimum of WALKING	25 Friday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	26 Saturday 6:30 am East La Loma Park 5 miles or 85 minute maximum
27 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	28 Monday 30 minute minimum of WALKING	29 Tuesday 6:30 pm Roseburg Square for 60-90 minute group workout	30 Wednesday Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	Oct 1 Thursday 20 minute minimum of WALKING	Oct 2 Friday Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	Oct 3 Saturday Minimal activity

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Modesto Moves / Walk Group, 2026 Training Schedule

OCTOBER

Sept 27 Sunday Your choice of ACTIVE MOVEMENT (combination of 45 minutes)	Sept 28 Monday 30 minute minimum of WALKING	Sept 29 Tuesday 6:30 pm Roseburg Square for 60-90 minute group workout	Sept 30 Wednesday Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	1 Thursday 20 minute minimum of WALKING	2 Friday Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	3 Saturday Minimal activity
4 Sunday Peace Officers Memorial Run! 5K, Relay or 13.1 half marathon	5 Monday Rest/Recovery 20 minute minimum of WALKING	6 Tuesday Rest/Recovery Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	7 Wednesday Rest/Recovery Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	8 Thursday Rest/Recovery Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	9 Friday Rest/Recovery Your choice of ACTIVE MOVEMENT (combination of 30 minutes)	10 Saturday Rest/Recovery 30 minute minimum of WALKING
11 Sunday	12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday	17 Saturday
18 Sunday	19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday	24 Saturday
25 Sunday	26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday	31 Saturday

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