

Modesto Moves / Walk Group, 2026 Training Schedule

MAY

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|---|---|--|--|---|---|---|
| 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! 7:00 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 7:00 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 7:00 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, 4/26/26

Modesto Moves / Walk Group, 2026 Training Schedule

JUNE

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|--|--|---|---|--|--|---|
| 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 7:00 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 7:00 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 7:00 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 Happy 4th! 6 miles or 100 minute maximum |

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Modesto Moves / Walk Group, 2026 Training Schedule

JULY

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|---|---|---|---|--|--|--|
| 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 Happy 4th! 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 7:00 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 7:00 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 7:00 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 7:00 am East La Loma Park 7 miles or 120 minute maximum |

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Modesto Moves / Walk Group, 2026 Training Schedule

AUGUST

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|---|---|--|--|---|---|--|
| 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 7:00 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 7:00 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 7:00 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 7:00 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 7:00 am East La Loma Park 9 miles or 150 minute maximum |

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SEPTEMBER

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|--|--|--|---|---|---|---|
| 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 7:00 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 7:00 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 7:00 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 7:00 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

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|---|--|---|---|--|--|---|
| 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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