

April 2018 MODESTO MOVES TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 EASTER	2 Modesto Moves Coaches & Mentors Kickoff Michael's Pizza 5:30 pm	3	4	5	6 Modesto Moves Informational Meeting #3 Fleet Feet 6pm	7 Modesto Moves Kickoff! East La Loma Park 7:30am 30 minutes or 3 miles
8 Recovery Run as Needed	9 Individual Workout Light Cross Training (yoga, swim, bike, etc.)	10 Group Workout Virginia Corridor 6:25 pm	11 Individual Workout Light Cross Training	12 Individual Workout 3-4 miles easy pace	13 REST DAY	14 Group Workout East La Loma Park 7:30 am 30 minutes or 3 miles
15 Recovery Run as Needed	16 Individual Workout Light Cross Training	17 Group Workout Virginia Corridor 6:25 pm	18 Individual Workout Light Cross Training	19 Individual Workout 3-4 miles easy pace	20 REST DAY	21 Group Workout East La Loma Park 7:30 am 40 minutes or 4 miles
22 Recovery Run as Needed	23 Individual Workout Light Cross Training	24 Group Workout Virginia Corridor 6:25 pm	25 Individual Workout Light Cross Training	26 Individual Workout 3-4 miles easy pace	27 REST DAY	28 Group Workout East La Loma Park 7:30 am 50 minutes or 5 miles Dr. Crews Run for Health 5k/10k
29 Recovery Run as Needed	30 Individual Workout Light Cross Training					

May 2018 MODESTO MOVES TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Group Workout Virginia Corridor 6:25 pm	2 Individual Workout Light Cross Training (yoga, swim, bike, etc.)	3 Individual Workout 3-4 miles easy pace	4 REST DAY	5 Ripon's Run Half Marathon/Quarter Marathon/5K Stadium Photo 6:30am
6 Recovery Run as Needed	7 Individual Workout Light Cross Training	8 Group Workout Virginia Corridor 6:25 pm	9 Individual Workout Light Cross Training	10 Individual Workout 3-4 miles easy pace	11 REST DAY	12 Group Workout East La Loma Park 7:30 am 60 minutes or 6 miles
13 Recovery Run as Needed	14 Individual Workout Light Cross Training	15 Group Workout Virginia Corridor 6:25 pm	16 Individual Workout Light Cross Training	17 Individual Workout 3-4 miles easy pace	18 REST DAY	19 Group Workout East La Loma Park 7:30 am 4-6 miles
20 Recovery Run as Needed	21 Individual Workout Light Cross Training	22 Group Workout Virginia Corridor 6:25 pm	23 Individual Workout Light Cross Training	24 Individual Workout 3-4 miles easy pace	25 REST DAY	26 Modesto Memorial Classic mile + 5K Meeting time TBD
27 Recovery Run as Needed	28 MEMORIAL DAY Individual Workout Light Cross Training	29 Group Workout Virginia Corridor 6:25 pm	30 Individual Workout Light Cross Training	31 Individual Workout 3-4 miles easy pace		Summer Group Workout Time Change effective June 2nd 6:30am

June 2018 MODESTO MOVES TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					REST DAY	SUMMER TIME CHANGE Group Workout East La Loma Park 6:30 am 5 miles
3	4	5	6	7	8	9
Recovery Run as Needed	Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	Group Workout Virginia Corridor 6:25 pm	Individual Workout Moderate Cross Training	Individual Workout 4 miles Tempo Pace	REST DAY	Group Workout East La Loma Park 6:30 am 6 miles
10	11	12	13	14	15	16
Recovery Run as Needed	Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	Group Workout Virginia Corridor 6:25 pm	Individual Workout Moderate Cross Training	Individual Workout 3 miles Tempo Pace	REST DAY	Group Workout East La Loma Park 6:30 am 7 miles
17	18	19	20	21	22	23
Recovery Run as Needed	Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	Group Workout Virginia Corridor 6:25 pm	Individual Workout Moderate Cross Training	Individual Workout 5 miles Tempo Pace	REST DAY	Group Workout East La Loma Park 6:30 am 8 miles
24	25	26	27	28	29	30
Recovery Run as Needed	Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	Group Workout Virginia Corridor 6:25 pm	Individual Workout Moderate Cross Training	Individual Workout 4 miles Tempo Pace	REST DAY	Roger's Run Teen Challenge Faith Home Ranch Meeting time TBD

July 2018 MODESTO MOVES TRAINING TEAM

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	1		2		3		4		5		6		7
Recovery Run as Needed		Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)		Group Workout Virginia Corridor 6:25 pm		INDEPENDENCE DAY Individual Workout Moderate Cross Training		Individual Workout 4 miles Tempo Pace		REST DAY		Group Workout East La Loma Park 6:30 am 9 miles	
	8		9		10		11		12		13		14
Recovery Run as Needed		Individual Workout Moderate Cross Training		Group Workout Virginia Corridor 6:25 pm		Individual Workout Moderate Cross Training		Individual Workout 3 miles Tempo Pace		REST DAY		Escalon Park Fete 2 mile or 10K Meeting time TBD	
	15		16		17		18		19		20		21
Recovery Run as Needed		Individual Workout Moderate Cross Training		Group Workout Virginia Corridor 6:25 pm		Individual Workout Moderate Cross Training		Individual Workout 4 miles Tempo Pace		REST DAY		Group Workout East La Loma Park 6:30 am 10 miles	
	22		23		24		25		26		27		28
Recovery Run as Needed		Individual Workout Moderate Cross Training		Group Workout Virginia Corridor 6:25 pm		Individual Workout Moderate Cross Training		Individual Workout 5 miles Tempo Pace		REST DAY		Group Workout East La Loma Park 6:30 am 8 miles	
	29		30		31								
Recovery Run as Needed		Individual Workout Moderate Cross Training		Group Workout Virginia Corridor 6:25 pm									

August 2018 MODESTO MOVES TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Individual Workout Moderate Cross Training	2 Individual Workout 6 miles Tempo Pace	3 REST DAY	4 Group Workout East La Loma Park 6:30 am 10 miles
5 Recovery Run as Needed	6 Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	7 Group Workout Virginia Corridor 6:25 pm	8 Individual Workout Moderate Cross Training	9 Individual Workout 4 miles Tempo Pace	10 REST DAY	11 Group Workout East La Loma Park 6:30 am 12 miles
12 Recovery Run as Needed	13 Individual Workout Moderate Cross Training	14 Group Workout Virginia Corridor 6:25 pm	15 Individual Workout Moderate Cross Training	16 Individual Workout 8 miles Tempo Pace	17 REST DAY	18 Group Workout East La Loma Park 6:30 am 10 miles
19 Recovery Run as Needed	20 Individual Workout Moderate Cross Training	21 Group Workout Virginia Corridor 6:25 pm	22 Individual Workout Moderate Cross Training	23 Individual Workout 6 miles Tempo Pace	24 REST DAY	25 Group Workout East La Loma Park 6:30 am 12 miles
26 Recovery Run as Needed	27 Individual Workout Moderate Cross Training	28 Group Workout Virginia Corridor 6:25 pm	29 Individual Workout Moderate Cross Training	30 Individual Workout 8 miles Tempo Pace	31 REST DAY	

September 2018 MODESTO MOVES TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Group Workout East La Loma Park 6:30 am 10 miles
2 Recovery Run as Needed	3 LABOR DAY Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	4 Group Workout Virginia Corridor 6:25 pm	5 Individual Workout Moderate Cross Training	6 Individual Workout 5 miles Tempo Pace	7 REST DAY	8 Group Workout East La Loma Park 6:30 am 12 miles
9 Recovery Run as Needed	10 Individual Workout Moderate Cross Training	11 Group Workout Virginia Corridor 6:25 pm	12 Individual Workout Moderate Cross Training	13 Individual Workout 3 miles Tempo Pace	14 REST DAY	15 Group Workout East La Loma Park 6:30 am 10 miles
16 Recovery Run as Needed	17 Individual Workout Moderate Cross Training	18 Group Workout Virginia Corridor 6:25 pm	19 Individual Workout Moderate Cross Training	20 Individual Workout 5 miles Tempo Pace	21 REST DAY	22 Group Workout East La Loma Park 6:30 am 8 miles
23 Recovery Run as Needed	24 Individual Workout Moderate Cross Training	25 Group Workout Virginia Corridor 6:25 pm	26 Individual Workout Moderate Cross Training	27 Individual Workout 4 miles Tempo Pace	28 REST DAY	29 Group Workout East La Loma Park 6:30 am 4 miles
30 Recovery Run as Needed						

October 2018 MODESTO MOVES TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	Group Workout Virginia Corridor 6:25 pm	Individual Workout Light Cross Training	Individual Workout 20-30 minutes w/ 3-4 pickups	REST DAY	REST DAY
7	8	9	10	11	12	13
PEACE OFFICERS MEMORIAL RUN RACE DAY!! Meeting time TBD	Recovery Run/Walk 2-3 miles easy pace	Recovery Run/Walk 2-3 miles easy pace	Recovery Run/Walk 2-3 miles easy pace	Recovery Run/Walk 2-3 miles easy pace	Official End to Modesto Moves Training Team Season	Riverbank Run for the Cheese 5K/10K
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			