

April 2019 MODESTO MOVES TRAINING TEAM

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

May 2019 MODESTO MOVES TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Ripon's Run Half Marathon/10K/5K Ripon High School Stadium 6:45am OR Individual Workout 3 miles or 30 mins
5 Recovery Run/Walk as Needed	6 Individual Workout Light Cross Training (yoga, bike, swim, etc.)	7 6:25pm Group Workout Virginia Corridor	8 Individual Workout Light Cross Training	9 Individual Workout 2-4 miles easy pace	10 REST DAY	11 Dr. Amanda Crews Run for Health 10K/5K/1 mile East La Loma Park 8:30am OR Individual Workout 4 miles or 40 minutes
12 Recovery Run/Walk as Needed	13 Individual Workout Light Cross Training	14 6:25pm Group Workout Virginia Corridor	15 Individual Workout Light Cross Training	16 Individual Workout 2-4 miles easy pace	17 REST DAY	18 10K With a Cop (10K/5K) CSU, Stanislaus 7am OR Individual Workout 4 miles or 40 minutes
19 Recovery Run/Walk as Needed	20 Individual Workout Light Cross Training	21 6:25pm Group Workout Virginia Corridor	22 Individual Workout Light Cross Training	23 Individual Workout 2-4 miles easy pace	24 REST DAY	25 Modesto Memorial Classic 5K/1 mile Tuolumne River Park 8am OR Individual Workout 4 miles or 40 minutes
26 Recovery Run/Walk as Needed	27 MEMORIAL DAY Individual Workout Light Cross Training	28 6:25pm Group Workout Virginia Corridor	29 Individual Workout Light Cross Training	30 Individual Workout 2-4 miles easy pace	31 REST DAY	SATURDAY GROUP WORKOUT BEGINS JUNE 1ST SUMMER TIME CHANGE EFFECTIVE JUNE 1ST 6:30AM

June 2019 MODESTO MOVES TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 FIRST OFFICIAL SATURDAY Group Workout East La Loma Park 6:30am 5 miles or 50 minutes
2 Recovery Run/Walk as Needed	3 Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	4 Group Workout 6:25pm Virginia Corridor	5 Individual Workout Moderate Cross Training	6 Individual Workout 4 miles TEMPO PACE	7 REST DAY	8 Group Workout East La Loma Park 6:30am 6 miles
9 Recovery Run/Walk as Needed	10 Individual Workout Moderate Cross Training	11 Group Workout 6:25pm Virginia Corridor	12 Individual Workout Moderate Cross Training	13 Individual Workout 3 miles TEMPO PACE	14 REST DAY	15 Group Workout East La Loma Park 6:30am 7 miles
16 Recovery Run/Walk as Needed	17 Individual Workout Moderate Cross Training	18 Group Workout 6:25pm Virginia Corridor	19 Individual Workout Moderate Cross Training	20 Individual Workout 5 miles TEMPO PACE	21 REST DAY	22 Group Workout East La Loma Park 6:30am 8 miles
23 Recovery Run/Walk as Needed	24 Individual Workout Moderate Cross Training	25 Group Workout 6:25pm Virginia Corridor	26 Individual Workout Moderate Cross Training	27 Individual Workout 4 miles TEMPO PACE	28 REST DAY	29 Roger's Run/Walk 5K Teen Challenge Faith Home Ranch 6:30am
30 Recovery Run/Walk as Needed						

July 2019 MODESTO MOVES TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	2 Group Workout 6:25pm Virginia Corridor	3 Individual Workout Moderate Cross Training	4 INDEPENDENCE DAY Individual Workout 4 miles TEMPO PACE	5 REST DAY	6 Group Workout East La Loma Park 6:30am 9 miles
7 Recovery Run/Walk as Needed	8 Individual Workout Moderate Cross Training	9 Group Workout 6:25pm Virginia Corridor	10 Individual Workout Moderate Cross Training	11 Individual Workout 3 miles TEMPO PACE	12 REST DAY	13 Escalon Park Fete 10K/2 mile El Portal Middle School Escalon, CA 7:00am
14 Recovery Run/Walk as Needed	15 Individual Workout Moderate Cross Training	16 Group Workout 6:25pm Virginia Corridor	17 Individual Workout Moderate Cross Training	18 Individual Workout 4 miles TEMPO PACE	19 REST DAY	20 Group Workout East La Loma Park 6:30am 8 miles
21 Recovery Run/Walk as Needed	22 Individual Workout Moderate Cross Training	23 Group Workout 6:25pm Virginia Corridor	24 Individual Workout Moderate Cross Training	25 Individual Workout 5 miles TEMPO PACE	26 REST DAY	27 Group Workout East La Loma Park 6:30am 10 miles
28 Recovery Run/Walk as Needed	29 Individual Workout Moderate Cross Training	30 Group Workout 6:25pm Virginia Corridor	31 Individual Workout Moderate Cross Training			

August 2019 MODESTO MOVES TRAINING TEAM

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

September 2019 MODESTO MOVES TRAINING TEAM

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	1		2		3		4		5		6		7
Recovery Run as Needed		LABOR DAY Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)		Group Workout Virginia Corridor 6:25 pm		Individual Workout Moderate Cross Training		Individual Workout 6 miles TEMPO PACE		REST DAY		Group Workout East La Loma Park 6:30 am 10 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 4 miles TEMPO PACE		REST DAY		Group Workout East La Loma Park 6:30 am 12 miles	
	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 5 miles TEMPO PACE		REST DAY		Group Workout East La Loma Park 6:30 am 8 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 4 miles TEMPO PACE		REST DAY		Group Workout East La Loma Park 6:30 am 4 miles	
	29		30										
Recovery Run as Needed		Individual Workout Moderate Cross Training											

October 2019 MODESTO MOVES TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		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
6	7	8	9	10	11	12
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 Galaxy Theaters Riverbank, CA 8am
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
				HALLOWEEN		