

June 2021

May '21							July '21							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1						1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	25	26	27	28	29	30	31	
30	31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7 Individual Workout Moderate Cross Training	8 Individual Workout 1-2 miles OR 20-30 minutes	9 Individual Workout Moderate Cross Training	10 Individual Workout 1-2 miles OR 20-30 minutes	11 REST DAY	12 Individual Workout 1-2 miles OR 20-30 minutes
13 Recovery Run/Walk as Needed	14 Individual Workout Moderate Cross Training	15 Individual Workout 2-3 miles OR 30-45 minutes	16 Individual Workout Moderate Cross Training	17 Individual Workout 2-3 miles OR 30-45 minutes	18 REST DAY	19 Individual Workout 2-3 miles OR 30-45 minutes
20 Recovery Run/Walk as Needed	21 Individual Workout Moderate Cross Training	22 Individual Workout 3-4 miles OR 45-60 minutes	23 Individual Workout Moderate Cross Training	24 Individual Workout 3-4 miles OR 45-60 minutes	25 REST DAY	26 FIRST OFFICIAL SATURDAY WORKOUT East La Loma Park 6:30am 4 miles or 45-60 minutes
27 Recovery Run/Walk as Needed	28 Individual Workout Moderate Cross Training	29 GROUP WORKOUT Virginia Corridor 6:30pm	30 Individual Workout Moderate Cross Training	1	2	3
4	5	Notes Cross Training includes a variety of exercises to supplement and benefit your running. Choices can include (but are not limited to): walking, biking, swimming, weight lifting, yoga, Pilates, aerobic classes, etc.				

July 2021

June '21							August '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30				29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 Individual Workout 3 miles TEMPO PACE	2 REST DAY	3 GROUP WORKOUT East La Loma Park 6:30am 5 miles OR 45-60 minutes
4 Recovery Run/Walk as Needed	5 Individual Workout Moderate Cross Training	6 GROUP WORKOUT Virginia Corridor 6:30pm	7 Individual Workout Moderate Cross Training	8 INDIVIDUAL WORKOUT 3 miles TEMPO PACE	9 REST DAY	10 GROUP WORKOUT East La Loma Park 6:30am 6 miles OR 60-75 minutes
11 Recovery Run/Walk as Needed	12 Individual Workout Moderate Cross Training	13 GROUP WORKOUT Virginia Corridor 6:30pm	14 Individual Workout Moderate Cross Training	15 INDIVIDUAL WORKOUT 4 miles TEMPO PACE	16 REST DAY	17 GROUP WORKOUT East La Loma Park 6:30am 6 miles
18 Recovery Run/Walk as Needed	19 Individual Workout Moderate Cross Training	20 GROUP WORKOUT Virginia Corridor 6:30pm	21 Individual Workout Moderate Cross Training	22 INDIVIDUAL WORKOUT 5 miles TEMPO PACE	23 REST DAY	24 GROUP WORKOUT East La Loma Park 6:30am 7 miles
25 Recovery Run/Walk as Needed	26 Individual Workout Moderate Cross Training	27 GROUP WORKOUT Virginia Corridor 6:30pm	28 Individual Workout Moderate Cross Training	29 INDIVIDUAL WORKOUT 4 miles TEMPO PACE	30 REST DAY	31 GROUP WORKOUT East La Loma Park 6:30am 8 miles
1	2	Notes Cross Training includes a variety of exercises to supplement and benefit your running. Choices can include (but are not limited to): walking, biking, swimming, weight lifting, yoga, Pilates, aerobic classes, etc.				

August 2021

July '21							September '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3				1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11
11	12	13	14	15	16	17	12	13	14	15	16	17	18
18	19	20	21	22	23	24	19	20	21	22	23	24	25
25	26	27	28	29	30	31	26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Recovery Run/Walk as Needed	2 Individual Workout Moderate Cross Training	3 GROUP WORKOUT Virginia Corridor 6:30pm	4 Individual Workout Moderate Cross Training	5 INDIVIDUAL WORKOUT 5 miles TEMPO PACE	6 REST DAY	7 GROUP WORKOUT East La Loma Park 6:30am 9 miles
8 Recovery Run/Walk as Needed	9 Individual Workout Moderate Cross Training	10 GROUP WORKOUT Virginia Corridor 6:30pm	11 Individual Workout Moderate Cross Training	12 INDIVIDUAL WORKOUT 6 miles TEMPO PACE	13 REST DAY	14 GROUP WORKOUT East La Loma Park 6:30am 10 miles
15 Recovery Run/Walk as Needed	16 Individual Workout Moderate Cross Training	17 GROUP WORKOUT Virginia Corridor 6:30pm	18 Individual Workout Moderate Cross Training	19 INDIVIDUAL WORKOUT 5 miles TEMPO PACE	20 REST DAY	21 GROUP WORKOUT East La Loma Park 6:30am 12 miles
22 Recovery Run/Walk as Needed	23 Individual Workout Moderate Cross Training	24 GROUP WORKOUT Virginia Corridor 6:30pm	25 Individual Workout Moderate Cross Training	26 INDIVIDUAL WORKOUT 7 miles TEMPO PACE	27 REST DAY	28 Roger's Run/Walk 5K Faith Home Ranch Time: TBD 3.1 miles + 5 miles
29 Recovery Run/Walk as Needed	30 Individual Workout Moderate Cross Training	31 GROUP WORKOUT Virginia Corridor 6:30pm	1	2	3	4
5	6	Notes Cross Training includes a variety of exercises to supplement and benefit your running. Choices can include (but are not limited to): walking, biking, swimming, weight lifting, yoga, Pilates, aerobic classes, etc.				

September 2021

August '21							October '21							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7							1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9	
15	16	17	18	19	20	21	10	11	12	13	14	15	16	
22	23	24	25	26	27	28	17	18	19	20	21	22	23	
29	30	31					24	25	26	27	28	29	30	
							31							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Individual Workout Moderate Cross Training	2 INDIVIDUAL WORKOUT 5 miles TEMPO PACE	3 REST DAY	4 GROUP WORKOUT East La Loma Park 6:30am 10 miles
5 Recovery Run/Walk as Needed	6 LABOR DAY Individual Workout Moderate Cross Training	7 GROUP WORKOUT Virginia Corridor 6:30pm	8 Individual Workout Moderate Cross Training	9 INDIVIDUAL WORKOUT 8 miles TEMPO PACE	10 REST DAY	11 GROUP WORKOUT East La Loma Park 6:30am 12 miles
12 Recovery Run/Walk as Needed	13 Individual Workout Moderate Cross Training	14 GROUP WORKOUT Virginia Corridor 6:30pm	15 Individual Workout Moderate Cross Training	16 INDIVIDUAL WORKOUT 5 miles TEMPO PACE	17 REST DAY	18 GROUP WORKOUT East La Loma Park 6:30am 8 miles
19 Recovery Run/Walk as Needed	20 Individual Workout Moderate Cross Training	21 GROUP WORKOUT Virginia Corridor 6:30pm	22 Individual Workout Moderate Cross Training	23 INDIVIDUAL WORKOUT 4 miles TEMPO PACE	24 REST DAY	25 GROUP WORKOUT East La Loma Park 6:30am 4 miles
26 Recovery Run/Walk as Needed	27 Individual Workout Moderate Cross Training	28 GROUP WORKOUT Virginia Corridor 6:30pm	29 Individual Workout Moderate Cross Training	30 Individual Workout 20-30 minutes w/3-4 pickups	1	2
3	4	Notes Cross Training includes a variety of exercises to supplement and benefit your running. Choices can include (but are not limited to): walking, biking, swimming, weight lifting, yoga, Pilates, aerobic classes, etc.				

October 2021

September '21							November '21							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4			1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13	
12	13	14	15	16	17	18	14	15	16	17	18	19	20	
19	20	21	22	23	24	25	21	22	23	24	25	26	27	
26	27	28	29	30			28	29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 REST DAY	2 REST DAY
3 PEACE OFFICERS MEMORIAL RUN 5K/Half Marathon	4 Recovery Run/Walk 2-3 miles easy pace	5 Recovery Run/Walk 2-3 miles easy pace	6 OFFICIAL END TO MODESTO MOVES TRAINING SEASON	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	Notes				