

2023

CALENDAR YEAR

APRIL

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	31	01	
02 Rest Day	03 Cross Train LIGHT	04 Mileage Build Up 1-3 miles EASY	05 Cross Train LIGHT	06 Mileage Build Up 1-3 miles EASY	07 Rest Day	08 Mileage Build Up 2-4 miles MODERATE	
09 Rest Day	10 Individual Workout Cross Train LIGHT to MODERATE	11 Individual Workout Mileage Build Up 2-4 miles MODERATE	12 Individual Workout Cross Train LIGHT to MODERATE	13 Individual Workout Mileage Build Up 2-4 miles MODERATE	14 Rest Day	15 Modesto Moves Begins East La Loma Park 3 miles or 30 minutes CONVERSATION PACE	
16 Rest Day	17 Individual Workout Cross Train LIGHT to MODERATE	18 Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	19 Individual Workout Cross Train LIGHT to MODERATE	20 Individual Workout 2 miles TEMPO PACE	21 Rest Day	22 Group Workout 4 miles or 40 minutes CONVERSATION PACE	
23 Rest Day	24 Individual Workout Cross Train LIGHT to MODERATE	25 Group Workout 2-4 miles SPEED WORK PACE	26 Individual Workout Cross Train LIGHT to MODERATE	27 Individual Workout 3 miles TEMPO PACE	28 Rest Day	29 Group Workout 5 miles or 50 minutes CONVERSATION PACE	
Notes: Cross Training includes: walking, biking, swimming, yoga, pilates, strength training	Notes: Effort/Pace: EASY = can hold a full conversation MODERATE = can still talk in sentences with some effort HEAVY = speaking in phrases versus sentences	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net	

2023

CALENDAR YEAR

MAY

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Tammy Wu, MD & Calvin Lee, MD

Surgical Artistry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Rest Day	01 Individual Workout Cross Train LIGHT to MODERATE	02 Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	03 Individual Workout Cross Train LIGHT to MODERATE	04 Individual Workout 2-3 miles TEMPO PACE	05 Rest Day	06 Group Workout Modesto Moves Begins 3 miles or 30 minutes CONVERSATION PACE
07 Rest Day	08 Individual Workout Cross Train MODERATE to HEAVY	09 Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	10 Individual Workout Cross Train MODERATE to HEAVY	11 Individual Workout 3-4 miles TEMPO PACE	12 Rest Day	13 Group Workout 4 miles or 40 minutes CONVERSATION PACE
14 Rest Day	15 Individual Workout Cross Train MODERATE to HEAVY	16 Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	17 Individual Workout Cross Train MODERATE to HEAVY	18 Individual Workout 3 miles TEMPO PACE	19 Rest Day	20 Group Workout 5 miles or 50 minutes CONVERSATION PACE
21 Rest Day	22 Individual Workout Cross Train MODERATE to HEAVY	23 Group Workout Surgical Artistry 2-4 miles SPEED WORK PACE	24 Individual Workout Cross Train MODERATE to HEAVY	25 Individual Workout 4 miles TEMPO PACE	26 Rest Day	27 MODESTO MEMORIAL CLASSIC 1 MILE + 5K
28 Rest Day	29 MEMORIAL DAY Individual Workout Cross Train MODERATE to HEAVY	30 Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	31	01	02	03
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net

2023

CALENDAR YEAR

JUNE

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Tammy Wu, MD & Calvin Lee, MD

Surgical Artistry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01	02	03
			Individual Workout Cross Train MODERATE to HEAVY	Individual Workout 3 miles TEMPO PACE	Rest Day	Group Workout 6 miles CONVERSATION PACE
04	05	06	07	08	09	10
Rest Day	Individual Workout Cross Train MODERATE to HEAVY	Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	Individual Workout Cross Train MODERATE to HEAVY	Individual Workout 4 miles TEMPO PACE	Rest Day	Group Workout 7 miles CONVERSATION PACE
11	12	13	14	15	16	17
Rest Day	Individual Workout Cross Train MODERATE to HEAVY	Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	Individual Workout Cross Train MODERATE to HEAVY	Individual Workout 5 miles TEMPO PACE	Rest Day	Group Workout 8 miles CONVERSATION PACE
18	19	20	21	22	23	24
Rest Day	Individual Workout Cross Train MODERATE to HEAVY	Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	Individual Workout Cross Train MODERATE to HEAVY	Individual Workout 6 miles TEMPO PACE	Rest Day	Group Workout 6 miles CONVERSATION PACE
25	26	27	28	29	30	01
Rest Day	Individual Workout Cross Train MODERATE to HEAVY	Group Workout Surgical Artistry 3-5 miles SPEED WORK PACE	Individual Workout Cross Train MODERATE to HEAVY	Individual Workout 4 miles TEMPO PACE		
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net

2023

CALENDAR YEAR

JULY

CALENDAR MONTH

SUNDAY
FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
25	26	27	28	29	30	01 ROGER'S RUN 5K TEEN CHALLENGE FAITH HOME RANCH, CERES	
02 Rest Day	03 Individual Workout Cross Train HEAVY	04 FOURTH OF JULY Individual Workout 4-6 miles SPEED WORK PACE	05 Individual Workout Cross Train HEAVY	06 Individual Workout 5 miles TEMPO PACE	07 Rest Day	08 Group Workout 8 miles CONVERSATION PACE	
09 Rest Day	10 Individual Workout Cross Train HEAVY	11 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	12 Individual Workout Cross Train HEAVY	13 Individual Workout 6 miles TEMPO PACE	14 Rest Day	15 Group Workout 10 miles CONVERSATION PACE	
16 Rest Day	17 Individual Workout Cross Train HEAVY	18 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	19 Individual Workout Cross Train HEAVY	20 Individual Workout 7 miles TEMPO PACE	21 Rest Day	22 Group Workout 12 miles CONVERSATION PACE	
23 Rest Day	24 Individual Workout Cross Train HEAVY	25 Group Workout Surgical Artistry 4-6 miles SPEED WORK PACE	26 Individual Workout Cross Train HEAVY	27 Individual Workout 8 miles TEMPO PACE	28 Rest Day	29 Group Workout 8 miles CONVERSATION PACE	
30 Rest Day	31	01	02	03	04	05	
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net	

2023

CALENDAR YEAR

AUGUST

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	01	02	03	04	05
	Individual Workout Cross Train HEAVY	Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	Individual Workout Cross Train HEAVY	Individual Workout 6 miles TEMPO PACE	Rest Day	Group Workout 10 miles CONVERSATION PACE
06	07	08	09	10	11	12
Rest Day	Individual Workout Cross Train HEAVY	Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	Individual Workout Cross Train HEAVY	Individual Workout 8 miles TEMPO PACE	Rest Day	Group Workout 12 miles CONVERSATION PACE
13	14	15	16	17	18	19
Rest Day	Individual Workout Cross Train HEAVY	Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	Individual Workout Cross Train HEAVY	Individual Workout 7 miles TEMPO PACE	Rest Day	Group Workout 8 miles CONVERSATION PACE
20	21	22	23	24	25	26
Rest Day	Individual Workout Cross Train HEAVY	Group Workout Surgical Artistry 4-6 miles SPEED WORK PACE	Individual Workout Cross Train HEAVY	Individual Workout 6 miles TEMPO PACE	Rest Day	Group Workout 10 miles CONVERSATION PACE
27	28	29	30	31	01	02
Rest Day	Individual Workout Cross Train HEAVY	Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	Individual Workout Cross Train HEAVY			
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net

2023

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01	02
				Individual Workout 7 miles TEMPO PACE	Rest Day	Group Workout 12 miles CONVERSATION PACE
03	04	05	06	07	08	09
Rest Day	Individual Workout Cross Train HEAVY	Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	Individual Workout Cross Train HEAVY	Individual Workout 8 miles TEMPO PACE	Rest Day	Group Workout 8 miles CONVERSATION PACE
10	11	12	13	14	15	16
Rest Day	Individual Workout Cross Train MODERATE	Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	Individual Workout Cross Train MODERATE	Individual Workout 7 miles TEMPO PACE	Rest Day	Group Workout 6-8 miles CONVERSATION PACE
17	18	19	20	21	22	23
Rest Day	Individual Workout Cross Train MODERATE	Group Workout Virginia Corridor 3-4 miles SPEED WORK PACE	Individual Workout Cross Train MODERATE	Individual Workout 6 miles TEMPO PACE	Rest Day	Group Workout 4-6 miles CONVERSATION PACE
24	25	26	27	28	29	30
Rest Day	Individual Workout Cross Train LIGHT	Group Workout Surgical Artistry 2-3 miles SPEED WORK PACE	Individual Workout Cross Train LIGHT	Individual Workout 2-3 miles TEMPO PACE	Rest Day	REST DAY POMR Packet Pick Up Stay off feet!
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net

2023

CALENDAR YEAR

OCTOBER

CALENDAR MONTH

SUNDAY
FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 PEACE OFFICER MEMORIAL RUN 13.1 miles	02 Individual Workout Cross Train LIGHT	03 Group Workout Virginia Corridor 3-4 miles WALK/RECOVERY	04 Individual Workout Cross Train LIGHT	05 Individual Workout 3-4 miles EASY/RECOVERY	06 Rest Day	07 Group Workout 8-10 miles CONVERSATION PACE
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	01	02	03	04
05	06	07	08	09	10	11
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net