

# 2024

CALENDAR YEAR

# APRIL

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Tammy Wu, MD & Calvin Lee, MD

Surgical Artistry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01	02	03	04	05	06
Rest Day	Cross Train LIGHT	Mileage Build Up 1-3 miles EASY	Cross Train LIGHT	Mileage Build Up 1-3 miles EASY	Rest Day	Mileage Build Up 2-4 miles MODERATE
Rest Day	Cross Train LIGHT	Mileage Build Up 2-4 miles EASY	Cross Train LIGHT	Mileage Build Up 2-4 miles EASY	Rest Day	<b>Group Workout</b> <b>Modesto Moves Begins</b> 3 miles or 30 minutes CONVERSATION PACE
Rest Day	<b>Individual Workout</b> Cross Train MODERATE to HEAVY	<b>Group Workout</b> Viginia Corridor 2-4 miles SPEED WORK PACE	<b>Individual Workout</b> Cross Train MODERATE to HEAVY	<b>Individual Workout</b> 2 miles TEMPO PACE	Rest Day	<b>Group Workout</b> 4 miles or 40 minutes CONVERSATION PACE
Rest Day	<b>Individual Workout</b> Cross Train MODERATE to HEAVY	<b>Group Workout</b> Virginia Corridor 2-4 miles SPEED WORK PACE	01	02	03	04
<b>Notes:</b> Cross Training includes: walking, biking, swimming, yoga, pilates, strength training	<b>Notes:</b> Effort/Pace: EASY = can hold a full conversation MODERATE = can still talk in sentences with some effort HEAVY = speaking in phrases versus sentences	<b>Notes:</b> 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

2024

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
28	29	30	01 Individual Workout Cross Train MODERATE to HEAVY	02 Individual Workout 3 miles TEMPO PACE	03 Rest Day	04 Group Workout 5 miles or 50 minutes CONVERSATION PACE
05 Rest Day	06 Individual Workout Cross Train MODERATE to HEAVY	07 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	08 Individual Workout Cross Train MODERATE to HEAVY	09 Individual Workout 2 miles TEMPO PACE	10 Rest Day	11 Group Workout 4 miles or 40 minutes CONVERSATION PACE
12 Rest Day	13 Individual Workout Cross Train MODERATE to HEAVY	14 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	15 Individual Workout Cross Train MODERATE to HEAVY	16 Individual Workout 3 miles TEMPO PACE	17 Rest Day	18 Group Workout 5 miles or 50 minutes CONVERSATION PACE
19 Rest Day	20 Individual Workout Cross Train MODERATE to HEAVY	21 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	22 Individual Workout Cross Train MODERATE to HEAVY	23 Individual Workout 4 miles TEMPO PACE	24 Rest Day	25 MODESTO MEMORIAL CLASSIC 1 MILE + 5K
26 Rest Day	27 MEMORIAL DAY Individual Workout Cross Train MODERATE to HEAVY	28 Group Workout Surgical Artistry 2-4 miles SPEED WORK PACE	29 Individual Workout Cross Train MODERATE to HEAVY	30 Individual Workout 3 miles TEMPO PACE	31 Rest Day	01
<b>Notes:</b> Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	<b>Notes:</b> Effort/Pace: <b>CONVERSATION</b> = can hold a full conversation <b>TEMPO</b> = can speak in phrases with some effort <b>SPEED</b> = can only speak a few words at a time	<b>Notes:</b> 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

2024

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	
26	27	28	29	30	31	01 <b>Group Workout</b> 6 miles CONVERSATION PACE	
02 Rest Day	03 <b>Individual Workout</b> Cross Train HEAVY	04 <b>Group Workout</b> Virginia Corridor 3-5 miles SPEED WORK PACE	05 <b>Individual Workout</b> Cross Train HEAVY	06 <b>Individual Workout</b> 4 miles TEMPO PACE	07 Rest Day	08 <b>Group Workout</b> 7 miles CONVERSATION PACE	
09 Rest Day	10 <b>Individual Workout</b> Cross Train HEAVY	11 <b>Group Workout</b> Virginia Corridor 3-5 miles SPEED WORK PACE	12 <b>Individual Workout</b> Cross Train HEAVY	13 <b>Individual Workout</b> 5 miles TEMPO PACE	14 Rest Day	15 <b>Group Workout</b> 8 miles CONVERSATION PACE	
16 Rest Day	17 <b>Individual Workout</b> Cross Train HEAVY	18 <b>Group Workout</b> Virginia Corridor 3-5 miles SPEED WORK PACE	19 <b>Individual Workout</b> Cross Train HEAVY	20 <b>Individual Workout</b> 6 miles TEMPO PACE	21 Rest Day	22 <b>Group Workout</b> 6 miles CONVERSATION PACE	
23 Rest Day	24 <b>Individual Workout</b> Cross Train HEAVY	25 <b>Group Workout</b> Surgical Artistry 3-5 miles SPEED WORK PACE	26 <b>Individual Workout</b> Cross Train HEAVY	27 <b>Individual Workout</b> 4 miles TEMPO PACE	28 Rest Day	29 <b>Group Workout</b> 7 miles CONVERSATION PACE	
<b>Notes:</b> Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	<b>Notes:</b> Effort/Pace: <b>CONVERSATION</b> = can hold a full conversation <b>TEMPO</b> = can speak in phrases with some effort <b>SPEED</b> = can only speak a few words at a time	<b>Notes:</b> 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	

2024

CALENDAR YEAR

JULY

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 HEAVY	02 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	03 Individual Workout Cross Train HEAVY	04 Individual Workout 4 miles TEMPO PACE	05 Rest Day	06 ROGER'S RUN 5K TEEN CHALLENGE FAITH HOME RANCH, CERES
07 Rest Day	08 Individual Workout Cross Train HEAVY	09 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	10 Individual Workout Cross Train HEAVY	11 Individual Workout 5 miles TEMPO PACE	12 Rest Day	13 Group Workout 8 miles CONVERSATION PACE
14 Rest Day	15 Individual Workout Cross Train HEAVY	16 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	17 Individual Workout Cross Train HEAVY	18 Individual Workout 6 miles TEMPO PACE	19 Rest Day	20 Group Workout 10 miles CONVERSATION PACE
21 Rest Day	22 Individual Workout Cross Train HEAVY	23 Group Workout Surgical Artistry 4-6 miles SPEED WORK PACE	24 Individual Workout Cross Train HEAVY	25 Individual Workout 7 miles TEMPO PACE	26 Rest Day	27 Group Workout 12 miles CONVERSATION PACE
28 Rest Day	29 Individual Workout Cross Train HEAVY	30 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	31 Individual Workout Cross Train HEAVY	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

2024

CALENDAR YEAR

AUGUST

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 Individual Workout 6 miles TEMPO PACE	02 Rest Day	03 Group Workout 8 miles CONVERSATION PACE	
04 Rest Day	05 Individual Workout Cross Train HEAVY	06 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	07 Individual Workout Cross Train HEAVY	08 Individual Workout 8 miles TEMPO PACE	09 Rest Day	10 Group Workout 10 miles CONVERSATION PACE	
11 Rest Day	12 Individual Workout Cross Train HEAVY	13 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	14 Individual Workout Cross Train HEAVY	15 Individual Workout 7 miles TEMPO PACE	16 Rest Day	17 Group Workout 12 miles CONVERSATION PACE	
18 Rest Day	19 Individual Workout Cross Train HEAVY	20 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	21 Individual Workout Cross Train HEAVY	22 Individual Workout 6 miles TEMPO PACE	23 Rest Day	24 Group Workout 8 miles CONVERSATION PACE	
25 Rest Day	26 Individual Workout Cross Train HEAVY	27 Group Workout Surgical Artistry 4-6 miles SPEED WORK PACE	28 Individual Workout Cross Train HEAVY	29 Individual Workout 7 miles TEMPO PACE	30 Rest Day	31 Group Workout 10 miles CONVERSATION PACE	
<b>Notes:</b> Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	<b>Notes:</b> Effort/Pace: <b>CONVERSATION</b> = can hold a full conversation <b>TEMPO</b> = can speak in phrases with some effort <b>SPEED</b> = can only speak a few words at a time	<b>Notes:</b> 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	

2024

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
01 Rest Day	02 <b>Individual Workout</b> Cross Train HEAVY	03 <b>Group Workout</b> Virginia Corridor 4-6 miles SPEED WORK PACE	04 <b>Individual Workout</b> Cross Train HEAVY	05 <b>Individual Workout</b> 8 miles TEMPO PACE	06 Rest Day	07 <b>Group Workout</b> 12 miles CONVERSATION PACE	
08 Rest Day	09 <b>Individual Workout</b> Cross Train HEAVY	10 <b>Group Workout</b> Virginia Corridor 4-6 miles SPEED WORK PACE	11 <b>Individual Workout</b> Cross Train HEAVY	12 <b>Individual Workout</b> 7 miles TEMPO PACE	13 Rest Day	14 <b>Group Workout</b> 10 miles CONVERSATION PACE	
15 Rest Day	16 <b>Individual Workout</b> Cross Train HEAVY	17 <b>Group Workout</b> Virginia Corridor 4-6 miles SPEED WORK PACE	18 <b>Individual Workout</b> Cross Train HEAVY	19 <b>Individual Workout</b> 6 miles TEMPO PACE	20 Rest Day	21 <b>Group Workout</b> 6-8 miles CONVERSATION PACE	
22 Rest Day	23 <b>Individual Workout</b> Cross Train MODERATE	24 <b>Group Workout</b> Surgical Artistry 4-6 miles SPEED WORK PACE	25 <b>Individual Workout</b> Cross Train MODERATE	26 <b>Individual Workout</b> 6 miles TEMPO PACE	27 Rest Day	28 <b>Group Workout</b> 4-6 miles CONVERSATION PACE	
29 Rest Day	30 <b>Individual Workout</b> Cross Train LIGHT	01	02	03	04	05	
<b>Notes:</b> Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	<b>Notes:</b> Effort/Pace: <b>CONVERSATION</b> = can hold a full conversation <b>TEMPO</b> = can speak in phrases with some effort <b>SPEED</b> = can only speak a few words at a time	<b>Notes:</b> 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	

2024

CALENDAR YEAR

OCTOBER

CALENDAR MONTH

SUNDAY  
FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	01 <b>Group Workout</b> Virginia Corridor 2-4 miles SPEED WORK PACE	02 <b>Individual Workout</b> Cross Train LIGHT	03 <b>Individual Workout</b> 3-4 miles TEMPO PACE	04 Rest Day	05 <b>REST DAY</b> POMR Packet Pick Up Stay off feet!	
06 <b>PEACE OFFICER MEMORIAL RUN</b> 13.1 miles End of Season Celebration!	07 <b>Individual Workout</b> Cross Train LIGHT	08 <b>Individual Workout</b> 3-4 miles WALK/RECOVERY	09 <b>Individual Workout</b> Cross Train LIGHT	10 <b>Individual Workout</b> 3-4 miles EASY/RECOVERY	11 Rest Day	12 <b>Individual Workout</b> 4-6 miles CONVERSATION PACE	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30 <b>Group Workout</b> Virginia Corridor 2-4 miles SPEED WORK PACE	31	01	02	
03	04	05	06	07	08	09	
<b>Notes:</b> Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	<b>Notes:</b> Effort/Pace: <b>CONVERSATION</b> = can hold a full conversation <b>TEMPO</b> = can speak in phrases with some effort <b>SPEED</b> = can only speak a few words at a time	<b>Notes:</b> 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	