

2025

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
27 Rest Day	28 Cross Train LIGHT	29 Mileage Build Up 1-3 miles EASY	30 Cross Train LIGHT	01 Mileage Build Up 1-3 miles EASY	02 Rest Day	03 Mileage Build Up 2-4 miles MODERATE
04 Rest Day	05 Cross Train LIGHT	06 Mileage Build Up 1-3 miles EASY	07 Cross Train LIGHT	08 Mileage Build Up 1-3 miles EASY	09 Rest Day	10 Group Workout Modesto Moves Begins 3 miles or 30 minutes CONVERSATION PACE
11 Rest Day	12 Individual Workout Cross Train LIGHT to MODERATE	13 Group Workout Vignia Corridor 2-4 miles SPEED WORK PACE	14 Individual Workout Cross Train LIGHT to MODERATE	15 Individual Workout 3 miles TEMPO PACE	16 Rest Day	17 Group Workout East La Loma Park 4 miles or 40 minutes CONVERSATION PACE
18 Rest Day	19 Individual Workout Cross Train LIGHT to MODERATE	20 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	21 Individual Workout Cross Train LIGHT to MODERATE	22 Individual Workout 3miles TEMPO PACE	23 Rest Day	24 MODESTO MEMORIAL CLASSIC 1 MILE + 5K
25 Rest Day	26 Individual Workout Cross Train LIGHT to MODERATE	27 Group Workout Surgical Artistry 2-4 miles SPEED WORK PACE	28 Individual Workout Cross Train LIGHT to MODERATE	29 Individual Workout 4 miles TEMPO PACE	30 Rest Day	31 Group Workout East La Loma Park 5 miles or 50 minutes CONVERSATION 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

2025

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
01	02 Individual Workout Cross Train MODERATE to HEAVY	03 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	04 Individual Workout Cross Train MODERATE to HEAVY	05 Individual Workout 4 miles TEMPO PACE	06 Rest Day	07 Group Workout East La Loma Park 6 miles CONVERSATION PACE
08 Rest Day	09 Individual Workout Cross Train MODERATE to HEAVY	10 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	11 Individual Workout Cross Train MODERATE to HEAVY	12 Individual Workout 3 miles TEMPO PACE	13 Rest Day	14 Roger's Run & Walk 5K Faith Home Ranch 6643 Faith Home Rd.
15 Rest Day	16 Individual Workout Cross Train MODERATE to HEAVY	17 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	18 Individual Workout Cross Train MODERATE to HEAVY	19 Individual Workout 4 miles TEMPO PACE	20 Rest Day	21 Group Workout East La Loma Park 8 miles CONVERSATION PACE
22 Rest Day	23 Individual Workout Cross Train MODERATE to HEAVY	24 Group Workout Surgical Artistry 3-5 miles SPEED WORK PACE	25 Individual Workout Cross Train MODERATE to HEAVY	26 Individual Workout 5 miles TEMPO PACE	27 Rest Day	28 Group Workout East La Loma Park 6 miles CONVERSATION PACE
29 Rest Day	30 Individual Workout Cross Train HEAVY	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

2025

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	
29 Rest Day	30 Individual Workout Cross Train HEAVY	01 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	02 Individual Workout Cross Train HEAVY	03 Individual Workout 4 miles TEMPO PACE	04 Rest Day	05 Group Workout East La Loma Park 7 miles CONVERSATION PACE	
06 Rest Day	07 Individual Workout Cross Train HEAVY	08 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	09 Individual Workout Cross Train HEAVY	10 Individual Workout 5 miles TEMPO PACE	11 Rest Day	12 Group Workout East La Loma Park 8 miles CONVERSATION PACE	
13 Rest Day	14 Individual Workout Cross Train HEAVY	15 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	16 Individual Workout Cross Train HEAVY	17 Individual Workout 6 miles TEMPO PACE	18 Rest Day	19 Group Workout East La Loma Park 10 miles CONVERSATION PACE	
20 Rest Day	21 Individual Workout Cross Train HEAVY	22 Group Workout Surgical Artistry 4-6 miles SPEED WORK PACE	23 Individual Workout Cross Train HEAVY	24 Individual Workout 7 miles TEMPO PACE	25 Rest Day	26 Group Workout East La Loma Park 12 miles CONVERSATION PACE	
27 Rest Day	28 Individual Workout Cross Train HEAVY	29 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	30 Individual Workout Cross Train HEAVY	31 Individual Workout 6 miles TEMPO PACE	01	02	
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	

2025

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	
27	28	29	30	31	01 Rest Day	02 Group Workout East La Loma Park 8 miles CONVERSATION PACE	
03 Rest Day	04 Individual Workout Cross Train HEAVY	05 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	06 Individual Workout Cross Train HEAVY	07 Individual Workout 8 miles TEMPO PACE	08 Rest Day	09 Group Workout East La Loma Park 10 miles CONVERSATION PACE	
10 Rest Day	11 Individual Workout Cross Train HEAVY	12 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	13 Individual Workout Cross Train HEAVY	14 Individual Workout 7 miles TEMPO PACE	15 Rest Day	16 Group Workout East La Loma Park 12 miles CONVERSATION PACE	
17 Rest Day	18 Individual Workout Cross Train HEAVY	19 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	20 Individual Workout Cross Train HEAVY	21 Individual Workout 6 miles TEMPO PACE	22 Rest Day	23 Group Workout East La Loma Park 8 miles CONVERSATION PACE	
24 Rest Day	25 Individual Workout Cross Train HEAVY	26 Group Workout Surgical Artistry 4-6 miles SPEED WORK PACE	27 Individual Workout Cross Train HEAVY	28 Individual Workout 7 miles TEMPO PACE	29 Rest Day	30 Group Workout East La Loma Park 10 miles CONVERSATION 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	

2025

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 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 8 miles TEMPO PACE	05 Rest Day	06 Group Workout East La Loma Park 12 miles CONVERSATION PACE
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 7 miles TEMPO PACE	12 Rest Day	13 Group Workout East La Loma Park 10 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 East La Loma Park 6-8 miles CONVERSATION PACE
21 Rest Day	22 Individual Workout Cross Train MODERATE	23 Group Workout Surgical Artistry 4-6 miles SPEED WORK PACE	24 Individual Workout Cross Train MODERATE	25 Individual Workout 6 miles TEMPO PACE	26 Rest Day	27 Group Workout East La Loma Park 4-6 miles CONVERSATION PACE
28 Rest Day	29 Individual Workout Cross Train LIGHT	30 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	01	02	03	04
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

2025

CALENDAR YEAR

OCTOBER

CALENDAR MONTH

SUNDAY
FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28	29	30	01 Individual Workout Cross Train LIGHT	02 Individual Workout 3-4 miles TEMPO PACE	03 Rest Day	04 REST DAY POMR Packet Pick Up Stay off feet!	
05 PEACE OFFICER MEMORIAL RUN 13.1 miles End of Season Celebration!	06 Individual Workout Cross Train LIGHT	07 Individual Workout 3-4 miles WALK/RECOVERY	08 Individual Workout Cross Train LIGHT	09 Individual Workout 3-4 miles EASY/RECOVERY	10 Rest Day	11 Individual Workout 4-6 miles CONVERSATION PACE	
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	
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	