

2026

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

2026

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
31	01 Individual Workout Cross Train MODERATE to HEAVY	02 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	03 Individual Workout Cross Train MODERATE to HEAVY	04 Individual Workout 4 miles TEMPO PACE	05 Rest Day	06 Group Workout East La Loma Park 6 miles CONVERSATION PACE
07 Rest Day	08 Individual Workout Cross Train MODERATE to HEAVY	09 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	10 Individual Workout Cross Train MODERATE to HEAVY	11 Individual Workout 3 miles TEMPO PACE	12 Rest Day	13 Group Workout East La Loma Park 7 miles CONVERSATION PACE
14 Rest Day	15 Individual Workout Cross Train MODERATE to HEAVY	16 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	17 Individual Workout Cross Train MODERATE to HEAVY	18 Individual Workout 4 miles TEMPO PACE	19 Rest Day	20 Roger's Run & Walk 5K Faith Home Ranch 6643 Faith Home Rd.
21 Rest Day	22 Individual Workout Cross Train MODERATE to HEAVY	23 Group Workout Surgical Artistry 3-5 miles SPEED WORK PACE	24 Individual Workout Cross Train MODERATE to HEAVY	25 Individual Workout 5 miles TEMPO PACE	26 Rest Day	27 Group Workout East La Loma Park 6 miles CONVERSATION PACE
28 Rest Day	29 Individual Workout Cross Train HEAVY	30 Group Workout Virginia Corridor 4-6 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

2026

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

2026

CALENDAR YEAR

AUGUST

CALENDAR MONTH

SUNDAY
FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01 Group Workout East La Loma Park 8 miles CONVERSATION PACE
02 Rest Day	03 Individual Workout Cross Train HEAVY	04 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	05 Individual Workout Cross Train HEAVY	06 Individual Workout 8 miles TEMPO PACE	07 Rest Day	08 Group Workout East La Loma Park 10 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 7 miles TEMPO PACE	14 Rest Day	15 Group Workout East La Loma Park 12 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 6 miles TEMPO PACE	21 Rest Day	22 Group Workout East La Loma Park 8 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 7 miles TEMPO PACE	28 Rest Day	29 Group Workout East La Loma Park 10 miles CONVERSATION PACE
30 Rest Day	31 Individual Workout Cross Train HEAVY	<p>Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training</p> <p>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</p> <p>Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)</p> <p>Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at Lenance@att.net</p>				

2026

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Tammy Wu, MD & Calvin Lee, MD

Surgical Artistry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30	31	01 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	02 Individual Workout Cross Train HEAVY	03 Individual Workout 8 miles TEMPO PACE	04 Rest Day	05 Group Workout East La Loma Park 12 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 7 miles TEMPO PACE	11 Rest Day	12 Group Workout East La Loma Park 10 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 6-8 miles CONVERSATION PACE	
20 Rest Day	21 Individual Workout Cross Train MODERATE	22 Group Workout Surgical Artistry 4-6 miles SPEED WORK PACE	23 Individual Workout Cross Train MODERATE	24 Individual Workout 6 miles TEMPO PACE	25 Rest Day	26 Group Workout East La Loma Park 4-6 miles CONVERSATION PACE	
27 Rest Day	28 Individual Workout Cross Train LIGHT	29 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	30 Individual Workout Cross Train LIGHT	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	

2026

CALENDAR YEAR

OCTOBER

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