

June 2020 MODESTO MOVES VIRTUAL TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Cross Training Options: yoga, swim, bike, free weights, exercise video, etc.	Individual Workouts: Coaches will provide details through an online meeting/format.					MODESTO MOVES VIRTUAL TRAINING TEAM BEGINS Individual Workout 5 miles or 50 minutes CONVERSATION PACE
7	8	9	10	11	12	13
Recovery Run/Walk as Needed	Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	Individual Workout Meet online with coach for speed workout SPEED WORK PACE	Individual Workout Moderate Cross Training	Individual Workout 4 miles TEMPO PACE	REST DAY	Individual Workout 6 miles or 60 minutes CONVERSATION PACE
14	15	16	17	18	19	20
Recovery Run/Walk as Needed	Individual Workout Moderate Cross Training	Individual Workout Meet online with coach for speed workout SPEED WORK PACE	Individual Workout Moderate Cross Training	Individual Workout 3 miles TEMPO PACE	REST DAY	Individual Workout 7 miles or 75 minutes CONVERSATION PACE
21	22	23	24	25	26	27
Recovery Run/Walk as Needed	Individual Workout Moderate Cross Training	Individual Workout Meet online with coach for speed workout SPEED WORK PACE	Individual Workout Moderate Cross Training	Individual Workout 5 miles TEMPO PACE	REST DAY	Individual Workout 8 miles or 90 minutes CONVERSATION PACE
28	29	30				
Recovery Run/Walk as Needed	Individual Workout Moderate Cross Training	Individual Workout Meet online with coach for speed workout SPEED WORK PACE	Individual Workout Moderate Cross Training	Individual Workout 4 miles TEMPO PACE	REST DAY	

July 2020 MODESTO MOVES VIRTUAL TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Cross Training Options: yoga, swim, bike, free weights, exercise video, etc.	Individual Workouts: Coaches will provide details through an online meeting/format.		Individual Workout Moderate Cross Training	Individual Workout 4 miles TEMPO PACE	REST DAY	Individual Workout 9 miles or 90 minutes CONVERSATION PACE
5	6	7	8	9	10	11
Recovery Run/Walk as Needed	Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	Individual Workout Meet online with coach for speed workout SPEED WORK PACE	Individual Workout Moderate Cross Training	Individual Workout 3 miles TEMPO PACE	REST DAY	Individual Workout 8 miles
12	13	14	15	16	17	18
Recovery Run/Walk as Needed	Individual Workout Moderate Cross Training	Individual Workout Meet online with coach for speed workout SPEED WORK PACE	Individual Workout Moderate Cross Training	Individual Workout 4 miles TEMPO PACE	REST DAY	Individual Workout 9 miles CONVERSATION PACE
19	20	21	22	23	24	25
Recovery Run/Walk as Needed	Individual Workout Moderate Cross Training	Individual Workout Meet online with coach for speed workout SPEED WORK PACE	Individual Workout Moderate Cross Training	Individual Workout 5 miles TEMPO PACE	REST DAY	Individual Workout 10 miles CONVERSATION PACE
26	27	28	29	30	31	
Recovery Run/Walk as Needed	Individual Workout Moderate Cross Training	Individual Workout Meet online with coach for speed workout SPEED WORK PACE	Individual Workout Moderate Cross Training	Individual Workout 4 miles TEMPO PACE	REST DAY	

August 2020 MODESTO MOVES VIRTUAL TRAINING TEAM

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
												1	
Cross Training Options: yoga, swim, bike, free weights, exercise video, etc.		Individual Workouts: Coaches will provide details through an online meeting/format.										Individual Workout 12 miles CONVERSATION PACE	
2		3		4		5		6		7		8	
Recovery Run/Walk as Needed		Individual Workout Moderate Cross Training (yoga bike, swim, etc.)		Individual Workout Meet online with coach for speed workout SPEED WORK PACE		Individual Workout Moderate Cross Training		Individual Workout 6 miles TEMPO PACE		REST DAY		Individual Workout 8 miles CONVERSATION PACE	
9		10		11		12		13		14		15	
Recovery Run/Walk as Needed		Individual Workout Moderate Cross Training (yoga bike, swim, etc.)		Individual Workout Meet online with coach for speed workout SPEED WORK PACE		Individual Workout Moderate Cross Training		Individual Workout 8 miles TEMPO PACE		REST DAY		Individual Workout 10 miles CONVERSATION PACE	
16		17		18		19		20		21		22	
Recovery Run/Walk as Needed		Individual Workout Moderate Cross Training (yoga bike, swim, etc.)		Individual Workout Meet online with coach for speed workout SPEED WORK PACE		Individual Workout Moderate Cross Training		Individual Workout 6 miles TEMPO PACE		REST DAY		Individual Workout 12 miles CONVERSATION PACE MODESTO MEMORIAL CLASSIC 1 MILE/5K	
23		24		25		26		27		28		29	
Recovery Run/Walk as Needed		Individual Workout Moderate Cross Training (yoga bike, swim, etc.)		Individual Workout Meet online with coach for speed workout SPEED WORK PACE		Individual Workout Moderate Cross Training		Individual Workout 8 miles TEMPO PACE		REST DAY		Individual Workout 8 miles CONVERSATION PACE	
30		31											
Recovery Run/Walk as Needed		Individual Workout Moderate Cross Training (yoga bike, swim, etc.)											

September 2020 MODESTO MOVES VIRTUAL TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Individual Workout Meet online with coach for speed workout SPEED WORK PACE	2 Individual Workout Moderate Cross Training	3 Individual Workout 6 miles TEMPO PACE	4 REST DAY	5 Individual Workout 10 miles CONVERSATION PACE
6 Recovery Run as Needed	7 LABOR DAY Individual Workout Moderate Cross Training (yoga, bike, swim, etc.)	8 Individual Workout Meet online with coach for speed workout SPEED WORK PACE	9 Individual Workout Moderate Cross Training	10 Individual Workout 4 miles TEMPO PACE	11 REST DAY	12 Individual Workout 12 miles CONVERSATION PACE
13 Recovery Run as Needed	14 Individual Workout Moderate Cross Training	15 Individual Workout Meet online with coach for speed workout SPEED WORK PACE	16 Individual Workout Moderate Cross Training	17 Individual Workout 5 miles TEMPO PACE	18 REST DAY	19 Individual Workout 8 miles CONVERSATION PACE
20 Recovery Run as Needed	21 Individual Workout Moderate Cross Training	22 Individual Workout Meet online with coach for speed workout SPEED WORK PACE	23 Individual Workout Moderate Cross Training	24 Individual Workout 4 miles TEMPO PACE	25 REST DAY	26 Individual Workout 4 miles CONVERSATION PACE
27 Recovery Run as Needed	28 Individual Workout Moderate Cross Training	29 Individual Workout Meet online with coach for speed workout SPEED WORK PACE	30 Individual Workout Moderate Cross Training		Cross Training Options: yoga, swim, bike, free weights, exercise video, etc.	Individual Workouts: Coaches will provide details through an online meeting/format.

October 2020 MODESTO MOVES VIRTUAL TRAINING TEAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Cross Training Options: yoga, swim, bike, free weights, exercise video, etc.	Individual Workouts: Coaches will provide details through an online meeting/format.			Individual Workout 20-30 minutes w/ 3-4 pickups	REST DAY	REST DAY
4	5	6	7	8	9	10
PEACE OFFICERS MEMORIAL RUN RACE DAY!! Meeting time TBD	Recovery Run/Walk 2-3 miles easy pace	Recovery Run/Walk 2-3 miles easy pace	Recovery Run/Walk 2-3 miles easy pace	Recovery Run/Walk 2-3 miles easy pace	Official End to Modesto Moves Training Team Season	Riverbank Run for the Cheese Galax 5K/10K Theaters Riverbank, CA
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						HALLOWEEN