

2022

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	
27	28	29	30	31	01	02	
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 Mileage Build Up 2-4 miles MODERATE	
10 Rest Day	11 Cross Train LIGHT	12 Mileage Build Up 2-4 miles EASY	13 Cross Train LIGHT	14 Mileage Build Up 2-4 miles EASY	15 Rest Day	16 Mileage Build Up 3-5 miles MODERATE	
17 Rest Day	18 Cross Train MODERATE TO HEAVY	19 Mileage Build Up 3-4 miles MODERATE	20 Cross Train MODERATE TO HEAVY	21 Mileage Build Up 3-4 miles MODERATE	22 Rest Day	23 Mileage Build Up 4-6 miles MODERATE	
24 Rest Day	25 Cross Train MODERATE TO HEAVY	26 Mileage Build Up 3-4 miles MODERATE	27 Cross Train MODERATE TO HEAVY	28 Mileage Build Up 3-4 miles MODERATE	29 Rest Day	30 Mileage Build Up 4-6 miles MODERATE	
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 Surgical Artistry by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net	

2022

CALENDAR YEAR

MAY

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 Rest Day	02 Individual Workout Cross Train MODERATE to HEAVY	03 Individual Workout Mileage Build Up 3-4 miles MODERATE	04 Individual Workout Cross Train MODERATE to HEAVY	05 Individual Workout Mileage Build Up 3-4 miles MODERATE	06 Rest Day	07 Group Workout Modesto Moves Begins 3 miles or 30 minutes CONVERSATION PACE
08 Rest Day	09 Individual Workout Cross Train MODERATE to HEAVY	10 Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	11 Individual Workout Cross Train MODERATE to HEAVY	12 Individual Workout 2 miles TEMPO PACE	13 Rest Day	14 Group Workout 4 miles or 40 minutes CONVERSATION PACE
15 Rest Day	16 Individual Workout Cross Train MODERATE to HEAVY	17 Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	18 Individual Workout Cross Train MODERATE to HEAVY	19 Individual Workout 3 miles TEMPO PACE	20 Rest Day	21 Group Workout 5 miles or 50 minutes CONVERSATION PACE
22 Rest Day	23 Individual Workout Cross Train MODERATE to HEAVY	24 Group Workout Surgical Artistry 2-4 miles SPEED WORK PACE	25 Individual Workout Cross Train MODERATE to HEAVY	26 Individual Workout 4 miles TEMPO PACE	27 Rest Day	28 MODESTO MEMORIAL CLASSIC 1 MILE + 5K
29 Rest Day	30 MEMORIAL DAY Individual Workout Cross Train MODERATE to HEAVY	31 Group Workout Viginia 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 Surgical Artistry by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net

2022

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	
29	30	31	01 Individual Workout Cross Train HEAVY	02 Individual Workout 3 miles TEMPO PACE	03 Rest Day	04 Group Workout 6 miles CONVERSATION PACE	
05 Rest Day	06 Individual Workout Cross Train HEAVY	07 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	08 Individual Workout Cross Train HEAVY	09 Individual Workout 4 miles TEMPO PACE	10 Rest Day	11 Group Workout 7 miles CONVERSATION PACE	
12 Rest Day	13 Individual Workout Cross Train HEAVY	14 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	15 Individual Workout Cross Train HEAVY	16 Individual Workout 5 miles TEMPO PACE	17 Rest Day	18 Group Workout 8 miles CONVERSATION PACE	
19 Rest Day	20 Individual Workout Cross Train HEAVY	21 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	22 Individual Workout Cross Train HEAVY	23 Individual Workout 6 miles TEMPO PACE	24 Rest Day	25 Group Workout 6 miles CONVERSATION PACE	
26 Rest Day	27 Individual Workout Cross Train HEAVY	28 Group Workout Surgical Artistry 3-5 miles SPEED WORK PACE	29 Individual Workout Cross Train HEAVY	30 Individual Workout 4 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 Surgical Artistry by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net	

2022

CALENDAR YEAR

JULY

CALENDAR MONTH

SUNDAY
FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	01 Rest Day	02 ROGER'S RUN 5K TEEN CHALLENGE FAITH HOME RANCH, CERES	
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 5 miles TEMPO PACE	08 Rest Day	09 Group Workout 8 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 6 miles TEMPO PACE	15 Rest Day	16 Group Workout 10 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 7 miles TEMPO PACE	22 Rest Day	23 Group Workout 12 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 8 miles TEMPO PACE	29 Rest Day	30 Group Workout 8 miles CONVERSATION PACE	
31 Rest Day	01	02	03	04	05	06	
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 Surgical Artistry by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net	

2022

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
31	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 6 miles TEMPO PACE	05 Rest Day	06 Group Workout 10 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 8 miles TEMPO PACE	12 Rest Day	13 Group Workout 12 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 7 miles TEMPO PACE	19 Rest Day	20 Group Workout 8 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 6 miles TEMPO PACE	26 Rest Day	27 Group Workout 10 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 Surgical Artistry by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net

2022

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01 Individual Workout 7 miles TEMPO PACE	02 Rest Day	03 Group Workout 12 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 8 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 10 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 14 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 3-4 miles TEMPO PACE	30 Rest Day	01 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 Surgical Artistry by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	01 REST DAY POMR Packet Pick Up Stay off feet!
02 PEACE OFFICER MEMORIAL RUN 16 miles (5K warm up + half marathon)	03 Individual Workout Cross Train LIGHT	04 Group Workout Virginia Corridor 3-4 miles WALK/RECOVERY	05 Individual Workout Cross Train LIGHT	06 Individual Workout 3-4 miles EASY/RECOVERY	07 Rest Day	08 Group Workout 8-10 miles CONVERSATION PACE
09 Rest Day	10 Individual Workout Cross Train MODERATE to HEAVY	11 Group Workout Virginia Corridor 5x1200m 10K -40-45 sec.	12 Individual Workout Cross Train MODERATE to HEAVY	13 Individual Workout 4 miles TEMPO PACE	14 Rest Day	15 Group Workout 12 miles CONVERSATION PACE
16	17 Individual Workout Cross Train MODERATE to HEAVY	18 Group Workout Virginia Corridor 3x1600m 10K -35-40 sec.	19 Individual Workout Cross Train MODERATE to HEAVY	20 Individual Workout 6 miles TEMPO PACE	21 Rest Day	22 Group Workout 18 miles CONVERSATION PACE
23	24 Individual Workout Cross Train HEAVY	25 Group Workout Surgical Artistry 8x800m 10K -45-50 sec.	26 Individual Workout Cross Train HEAVY	27 Individual Workout 8 miles TEMPO PACE	28 Rest Day	29 Group Workout 12 miles CONVERSATION PACE
30	31 HALLOWEEN 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 Surgical Artistry by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net

2022

CALENDAR YEAR

NOVEMBER

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	01 Group Workout Virginia Corridor 12X400m 10K -55-60 sec.	02 Individual Workout Cross Train HEAVY	03 Individual Workout 6 miles TEMPO PACE	04 Rest Day	05 Group Workout 20 miles CONVERSATION PACE
06 Rest Day	07 Individual Workout Cross Train HEAVY	08 Group Workout Virginia Corridor 6X1200m 10K -45-50 sec.	09 Individual Workout Cross Train HEAVY	10 Individual Workout 10 miles TEMPO PACE	11 Rest Day	12 Group Workout 12 miles CONVERSATION PACE
13 Rest Day	14 Individual Workout Cross Train HEAVY	15 Group Workout Virginia Corridor 7x800m 10K -45-50 sec.	16 Individual Workout Cross Train HEAVY	17 Individual Workout 8 miles TEMPO PACE	18 Rest Day	19 Group Workout 20 miles CONVERSATION PACE
20 Rest Day	21 Individual Workout Cross Train HEAVY	22 Group Workout Surgical Artistry 10X400m 10K -55-60 sec.	23 Individual Workout 5 miles TEMPO PACE	24 THANKSGIVING DAY Individual Workout Cross Train LIGHT	25 Rest Day	26 Group Workout 8-10 miles CONVERSATION PACE
27 Rest Day	28 Individual Workout Cross Train LIGHT	29 Group Workout Virginia Corridor 4x800m 10K -45-50 sec.	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 Surgical Artistry by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net

2022

CALENDAR YEAR

DECEMBER

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 4 miles TEMPO PACE	02 Rest Day	03 Group Workout 6-8 miles CONVERSATION PACE	
04 Rest Day	05 Individual Workout Cross Train LIGHT	06 Group Workout Virginia Corridor 2-4 miles EASY PACE	07 Individual Workout Cross Train LIGHT	08 Individual Workout 20-30 minutes EASY w/ 3-4 pick ups	09 Rest Day STAY OFF FEET!	10 Rest Day STAY OFF FEET!	
11 RACE DAY!!! HONOLULU MARATHON 26.2 miles	12 Individual Workout 2-3 miles WALK/RECOVERY	13 Individual Workout 3-4 miles WALK/RECOVERY	14 Individual Workout Cross Train LIGHT	15 Individual Workout 3-4 miles EASY/RECOVERY	16 Rest Day	17 Group Workout 6-8 miles CONVERSATION PACE	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	
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 Surgical Artistry by Laura Nance, RRCA Certified Coach Questions?? Contact me at lenance@att.net	