





Way to go GOALCRUSHER! You are half way there and getting stronger by the day! Keep up the good work and believe in yourself. The goal is in sight!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>June 13</b>		<b>June 14</b>		<b>June 15</b>		<b>June 16</b>		<b>June 17</b>		<b>June 18</b>		<b>June 19</b>	
Brisk five-minute walk, then jog 3x 5min with 3 min walk rest		personal day		Brisk five-minute walk, then jog 2x 8min with 5 min walk rest		cross train		personal day		Our first non-stop run- let's make it fun! <b>2mile Color Run</b>		cross train	
mins	miles	mins	miles	mins	miles	mins	miles	mins	miles	mins	miles	mins	miles
<b>June 20</b>		<b>June 21</b>		<b>June 22</b>		<b>June 23</b>		<b>June 24</b>		<b>June 25</b>		<b>June 26</b>	
Brisk five-minute walk, then: Jog 5 min, Walk 3 min, Jog 8 min, Walk 3 min, Jog 5 min		personal day		Brisk five-minute walk, then: Jog 2x 10mins, 3 min walk rest		cross train		personal day		Brisk five-minute warmup walk, then jog 22 mins with no walking.		cross train	
mins	miles	mins	miles	mins	miles	mins	miles	mins	miles	mins	miles	mins	miles
<b>June 27</b>		<b>June 28</b>		<b>June 29</b>		<b>June 30</b>		<b>July 1</b>		<b>July 2</b>		<b>July 3</b>	
Brisk five-minute walk, then jog 25 minutes		personal day		Brisk five-minute walk, then jog 25 minutes		cross train		personal day		Brisk five-minute walk, then jog 25 minutes		cross train	
mins	miles	mins	miles	mins	miles	mins	miles	mins	miles	mins	miles	mins	miles
<b>July 4</b>		<b>July 5</b>		<b>July 6</b>		<b>July 7</b>		<b>July 8</b>		<b>July 9</b>		<b>July 10</b>	
Brisk five-minute walk, then jog 28 minutes		personal day		Brisk five-minute walk, then jog 28 minutes		cross train		personal day		Brisk five-minute walk, then jog 28 minutes		cross train	
mins	miles	mins	miles	mins	miles	mins	miles	mins	miles	mins	miles	mins	miles
<b>July 11</b>		<b>July 12</b>		<b>July 13</b>		<b>July 14</b>		<b>July 15</b>		<b>July 16</b>		<b>July 17</b>	
Brisk five-minute walk, then jog 30 minutes		personal day		Brisk five-minute walk, then jog 30 minutes		cross train		personal day		Boise Classic 5K! Go get 'em- you are strong & ready to race!		what's your next race? Sign up today!	
mins	miles	mins	miles	mins	miles	mins	miles	mins	miles	mins	miles	mins	miles

As you head into this week, think of all that you have accomplished! From walk/jog to 3 solid runs a week. You are a runner now- keep it rolling!