

May

Before you begin each day, take time to stretch and prepare for your run.

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 Rest Day... Let your body have a break!	3 Run your 3 rd timed mile with us at the SoHi track or on your own and record on the tracker	4 Stretch- 5 minutes Run-15 minutes Walk- 5 minutes	5 Stretch- 5 minutes Jog-10 minutes Sprints- 5 minutes Walk- 5 minutes	6 Stretch- 5 minutes Run-15 minutes Walk- 5 minutes	7 Stretch- 5 minutes Jog-10 minutes Sprints- 5 minutes Walk- 5 minutes	8 Optional Cross Training Day! Bike, Hike, Jump rope or swim
9 Rest Day... Let your body have a break!	10 Run your 4 th timed mile with us at the SoHi track or on your own and record on the tracker	11 Stretch- 5 minutes Run-15 minutes Walk- 5 minutes	12 Stretch- 5 minutes Jog-10 minutes Sprints- 5 minutes Walk- 5 minutes	13 Stretch- 5 minutes Run-15 minutes Walk- 5 minutes	14 Stretch- 5 minutes Jog-10 minutes Sprints- 5 minutes Walk- 5 minutes	15 Optional Cross Training Day! Bike, Hike, Jump rope or swim
16 Rest Day... Let your body have a break!	17 Run your last timed mile with us at the SoHi track or on your own and record on the tracker	18	19	20	21	22
23	24	25	26	27	28	29

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