

# JUL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
					Last Day of Camp	G1 – 50 mins G2 – 45 mins G3 – 40 mins Yoga, Mabs
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Aug. 1</b>	<b>2</b>	<b>3</b>
Rest	G1 – 60 mins	G1-Newton Hills w/2 lap tempo	G1-50 mins	G1-50 mins	G1-70 mins	G1 – 50 mins
Swim	G2 – 50 mins	G2 – Newton Hills	G2-45 mins	G2 – 45 mins	G2 – 60 mins	G2 – 50 mins
Yoga	G3 – 45 mins	G3 – Newton Hills	G3- 40 mins	G3 – 40 mins	G3 – 50 mins	G3 – 45 mins
	Buildups, Mabs	PM run – 20-30 mins		PM – 20-30 min	Buildups, Abs	Mabs, Yoga
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
20 mins	G1-60 mins	G1-60 mins	G1 – 50 mins	G1 – 60 mins w/ 3 mile tempo	G1-70 mins	G1 – 50 mins
	G2 – 50 mins	G2-60 mins	G2 – 40 mins	G2 – 50 mins w/ hammer	G2 – 60 mins	G2 – 50 mins
	G3 – 45 mins	G3 – 50 mins	G3 – 35 mins		G3 – 50 mins	G3 – 45 mins
	Buildups, Mabs	Abs, Yoga			Buildups, Abs	PM – 20 mins