EMBRACE YOUR JOURNEY 5K WALK/RUN



June 2016

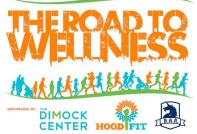




Sun	Mon	Tue	Wed	Thu	Fri	Sat
For days without a workout do something active! Ex: Swim, walk, bike ride, yoga, anything non-impact	Every accomplishment starts with the decision to try	For day with:	1 The second sec	2 Smrt	3 Smrt	4
5 My	6 Ma	7 The second	8 Smrt	9 Same	10	
12 The second se	13 Smrt	14 The second se	15 Smrt	16 Zmrt	17 Ma	18 First Clinic with Gael
19 You are never too old to set a new goal	20 Yoga @6PM at Dorchester Park every Mon.	21 Run 10-15 min	22 Line dancing every Wed@ 6:30PM at Refectory Park	23 Run 10-15 min	24 Yoga @ 1PM every Friday at Clifford Park	25 If you are waiting for the right time it's now!
26 1 Mile run	27	28 Run 15 min	29 Family Fitness every Wed @ 6:30PM at Franklin Park	30 Run 15 min		

EMBRACE YOUR JOURNEY 5K WALK/RUN

EMBRACE YOUR JOURNEY 5K WALK/RUM



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July 2016





Mon Wed Thu Fri Sun Tue Sat For days without a Do not give up Line dancing every 1 2 Wednesday @ 6:30PM workout do **Goals are** the beginning **Refectory Park** something active! Yoga @6PM at dreams with is Family Fitness every Ex: Swim, walk, bike ride, Yoga @ 1PM every Fri-**Dorchester Park every** deadlines always the Wed @ 6:30PM at yoga, anything non-impact day at Clifford Park 3 Mg Mon. Franklin Park hardest. 5 7 8 9 4 6 Training Clinic @ Run 1.5 miles Happy Fourth! Run 15-20 min Run 15-20 min Franklin park 11 15 10 12 13 14 16 Strive for progress not Run 20-25 min Run 20-25 min **Train hard to** perfection race easy Zmr X 22 18 19 20 21 23 17 Training Clinic @ Run 25-30 min Run 25-30 min Run 2 miles Franklin park 25 27 29 24 26 28 30 Decide Run 30 minutes Run 30 minutes Run to be Commit fierce. 3 Mc **Succeed** 31 Run 3 miles









Presented By: TUFTS Health Plan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
The most important thing is to keep trying	1 Yoga @6PM at Dorchester Park every Mon.	2 Run 30 minutes	³ Line dancing every Wednesday @ 6:30PM at Refectory Park Family Fitness every Wed @ 6:30PM at Franklin Park	4 Run 30 minutes	5 Yoga @ 1PM every Fri- day at Clifford Park	6 Training Clinic @ Franklin park
7 It hurts to continue but it hurts so much more to stop	8	9 Run 30 minutes	10	11 Run 30 minutes	12	13 It never get's eas- ier you just get stronger.
14 Run 3.5 miles	15	16 Run 30 minutes	17	18 Run 30 minutes	19	20 Training Clinic @ Franklin park
21 One run can change your day	22	23 Run 30 minutes	24	25 Run 30 minutes	26	27 Training Clinic @ Franklin park
28 You are stronger then you think	29	30 Run 30 minutes	31			

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September 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Run fast, run slow. Run far, run close. Just run.				1 Run 30 minutes	2 Yoga @ 1PM at Clifford Park (last one!)	3 Training Clinic @ Franklin park
4 Believe in yourself	5	6 Run 30 minutes	7	8 Run 30 minutes	9	10 RACE DAY!!
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	