

June 2016



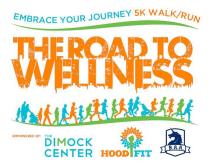
Sun	Mon	Tue	Wed	Thu	Fri	Sat
For days without a workout do something active! Ex: Swim, walk, bike ride, yoga, anything non-impact		For day with:		2 {\text{M}}	3 M	4
5 Emily	6	7	8 My	9	10	
12 	13 M	Zumba @6PM Gertrude Howes Playground every Tuesday!	15 M	16 ************************************	Every accomplishment starts with the decision to try	18 First Clinic with Gael
You are never too old to set a new goal	5 min warm-up walk. 60 sec jogging then 90 sec walking for a total of 20 mins.	21	5 min warm-up walk. 60 sec jogging then 90 sec walking for a total of 20 mins.	23	5 min warm-up walk.60 sec jogging then90 sec walking for a total of 20 mins.	25
If you are waiting for the right time it's now!	5 Min warm-up Walk90 sec Jogging then2 mins of Walking for a total of 20 mins.	28	5 Min warm-up Walk90 sec Jogging then2 min of Walking for a total of 20 mins.	30		



July 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	Do not give up the beginning is always the hardest.	Zumba @6PM Gertrude Howes Playground every Tue. LunchTime Groove at @12:15PM at Elmherst Park every Tue.		Evening Groove @6:30 PM every Thur. at Elmherst Park	1 5 Min warm-up Walk 90 sec jogging then 2 min of walking for a total of 20 min	2
Goals are dreams with deadlines	4 Happy Fourth!	5	5 Min warm-up Walk [(Jog 90 sec, walk 90 sec) Jog 3 min, walk 3 min)] x2	7	8	9 Training Clinic @ Franklin park
Strive for progress not perfection	5 Min warm-up Walk [(Jog 90 sec, walk 90 sec) (Jog 3 min, walk 3 min)]	12	13 5 Min warm-up Walk [(Jog 90 sec, walk 90 sec) (Jog 3 min, walk 3 min)] x2	14	15 5 Min warm-up Walk [(Jog 3 min, walk 90 sec) (Jog 5 min, walk 2.5 min)] X2	16
Train hard to race easy	18 5 Min warm-up Walk [(Jog 3 min, walk 90 sec) (Jog 5 min, walk 2.5	19	20 5 Min warm-up Walk [(Jog 3 min, walk 90 sec) (Jog 5 min, walk 2.5 min)] X2	21	22	23 Training Clinic @ Franklin park
Decide Commit Succeed	5 Min warm-up Walk (Jog 5 min, Walk 3 min) X3	26	5 Min warm-up Walk (Jog 8 min, walk 5 min) X2	28	5 Min warm-up Walk (Jog 20 minutes with no walking)	30
31						



August 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	1 5 Min warm-up Walk [(Jog 5 min, walk 3 min) (Jog 8 min, walk 3 min) (Jog 5 min)]	Zumba @6PM Gertrude Howes Playground every Tue. LunchTime Groove at @12:15PM at Elmherst Park every Tue.	3 5 Min warm-up Walk [(Jog 10 min, Walk 3 min, Jog 10 min)]	Evening Groove @6:30 PM every Thur. at Elmherst Park	The most important thing is to keep trying	6 Training Clinic @ Franklin park
It hurts to continue but it hurts so much more to stop	8 5 Min warm-up Walk (Jog 22 min, no walking)	9	10 5 Min warm-up Walk (Jog 25 min, no walk- ing)	11	5 Min warm-up Walk (Jog 25 min, no walking)	13
It never get's easier you just get stronger.	15 5 Min warm-up Walk (Jog 25 min, no walking)	16	17 5 Min warm-up Walk (Jog 28 min, no walk- ing)	18	19	20 Training Clinic @ Franklin park
One run can change your day	22 5 Min warm-up Walk (Jog 28 min, no walking)	23	24 5 Min warm-up Walk (Jog 28 min, no walk- ing)	25	26	27 Training Clinic @ Franklin park
You are stronger then you think	29 5 Min warm-up Walk (Jog 30 min, no walking)	30	31 5 Min warm-up Walk (Jog 30 min, no walk- ing)			



September 2016



Presented By:	TUFTS Health Plan
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
For days without a workout do something active! Ex: Swim, walk, bike ride, yoga, anything non- impact			Run fast, run slow. Run far, run close. Just run.	1	2	Training Clinic @ Franklin park
I run to be fierce.	5 5 Min warm-up Walk (Jog 30 min, no walking)	6	7 5 Min warm-up Walk (Jog 30 min, no walking)	8	9 Believe in yourself	RACE DAY!!
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	