

May 2024 Workout Calendar K-2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Activity/Time: Run 15 Stretches - 8, 9, 11,15,16	2 Rest	3 Activity/Time: Bike 15 Stretches - 6, 9, 10, 11, 12	4 Walk 15 Stretches - 8, 9, 11,15,16
5 Activity/Time: Bike 15 Stretches - 6, 9, 10, 11, 12	6 Activity/Time: Run 10 Bike 10 HYDRATE Stretches - 6, 9, 11, 14, 16	7 HYDRATE	8 Activity/Time: Run 10 HYDRATE Stretches - 8, 9, 11, 15, 16	9 HYDRATE	10 Activity/Time: Bike 10 HYDRATE Stretches - 6, 9, 10, 11, 12	11 Walk 15 Stretches - 8, 9, 11,15,16
12 Activity/Time: Bike 10 Stretches - 6, 9, 10, 11, 12	13 Activity/Time: Run 10 Bike 10 Stretches - 6, 9, 10, 11, 12	14 HYDRATE	15 Packet Pick-up Night Pick up Race Materials 6:00 - 9:00 @ Penndale	16 HYDRATE	17 HYDRATE	18 IRONKnights Triathlon  IRONKnights
19 IRONKnights RAIN DATE	20	21	22	23	24	25
26	27	28	29	30	31	