

NOVEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																
		1 <u>Group Workout</u> Meet at 5:30pm Interval Training Meet at MJC Modesto on the track	2 <u>Rest Day</u> Do Nothing	3 <u>Individual Workout</u> 3 miles or 1 hour walk/run	4 <u>Rest Day</u> ** Okay to cross train: Non Impact Training	5 <u>Group Workout</u> East Laloma park Meet at Savemart 7:45 Start run/walk at 8am 3 miles run or 1 hour walk/run																																																																																																
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		<p style="text-align: center;">October 2011</p> <table border="1" style="width: 100%; text-align: center;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<p style="text-align: center;">December 2011</p> <table border="1" style="width: 100%; text-align: center;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31								<p>Notes:</p> <p>www.vertex42.com</p>
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25 <u>Rest Day</u> Merry Christmas!!!	26 <u>Individual Workout</u> 4 miles or 1 hour walk/run	27 <u>Group Workout</u> Meet at 5:30pm Interval Training Meet at MJC Modesto on the track	28 <u>Rest Day</u> Do Nothing	29 <u>Individual Workout</u> 4 miles or 1 hour walk/run	30 <u>Rest Day</u> ** Okay to cross train: Non Impact Training	31 Flat Arch run Oakdale Cindy's Rest 10 miles																																																																																				
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