

WEEK 16	Portland Fit Weekly Training Schedule				Tip of the Week:	<i>Get lots of sleep this week</i>		
	<i>Saturday</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Jul 10	Jul 11	Jul 12	Jul 13	Jul 14	Jul 15	Jul 16	Jul 17
BLUE	25K MILES	OFF	30	5 x 4:00/3:00	OFF	35	OFF	11 MILES 7:35a
GREEN	25K MILES	OFF	25	5 x 4:00/3:00	OFF	30	OFF	11 MILES 7:35a
YELLOW	25K MILES	OFF	20	4 x 4:00/3:00	OFF	40	OFF	10 MILES 7:25a
RED	25K MILES	OFF	20	40 (or yellow)	OFF	35	OFF	10 MILES 7:05a/7:25a
PURPLE	25K MILES	OFF	20	40 (or yellow)	OFF	35	OFF	10 MILES 6:15a/6:35a

SEMINAR SCHEDULE	Date	Time	Seminar Topic
	Jul 10	9:30AM	*** 25K Benchmark in Portland on Saturday***
	Jul 17	9:30AM	Color Group Coaching Session

Visit www.PortlandFit.com and our Discussion Forum for training questions and tips!

MAKE SURE YOU REST ON YOUR REST DAYS!

THINK BEFORE YOU PRINT!