

WEEK 19	Portland Fit Weekly Training Schedule				Tip of the Week:	Look for Hood to Coast/Portland to Coast team spots on portlandfit.com		
	<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 31	Aug 1	Aug 2	Aug 3	Aug 4	Aug 5	Aug 6	Aug 7
BLUE	11 MILES 7:35a	OFF	50	35	OFF	35	OFF	Sat = OFF Sun 30K @ 7a
GREEN	11 MILES 7:35a	OFF	45	35	OFF	30	OFF	Sat = OFF Sun 30K @ 7a
YELLOW	10 MILES 7:25a	OFF	40	25	OFF	30	OFF	Sat = OFF Sun 30K @ 6:30a
RED	10 MILES 7:05a/7:25a	OFF	35	25	OFF	25	OFF	Sat = OFF Sun 30K @ 6a
PURPLE	10 MILES 6:15a/6:35a	OFF	35	25	OFF	25	OFF	Sat = OFF Sun 30K @ 6a

SEMINAR SCHEDULE	Date	Time	Seminar Topic
	Jul 31	9:30AM	30K Benchmark Preview
	Aug 07	9:30AM	*** 30K Benchmark at Vancouver Beaches on Sunday ***

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!