

WEEK 10	Vancouver Fit Weekly Training Schedule				Tip of the Week:	<i>Run smarter not faster!</i>		
	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
	May 30	May 31	Jun 1	Jun 2	Jun 3	Jun 4	Jun 5	Jun 6
BLUE	11 MILES 7:25 AM	OFF	45	14 x 30-30	OFF	35	OFF	12 MILES 7:15 AM
GREEN	11 MILES 7:25 AM	OFF	40	14 x 30-30	OFF	30	OFF	12 MILES 7:15 AM
YELLOW	10 MILES 7:25 AM	OFF	35	12 x 30-30	OFF	30	OFF	11 MILES 7:15 AM
RED	10 MILES 7:05 AM	OFF	30	45 (or yellow)	OFF	25	OFF	11 MILES 6:50 AM
PURPLE	10 MILES 6:15 AM	OFF	30	45 (or yellow)	OFF	25	OFF	11 MILES 5:55 AM

SEMINAR SCHEDULE	Date	Time	Seminar Topic
	May 30	9:30AM	Running Form and Efficiency
	Jun 06	9:30AM	Secrets of the Half Marathon

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!