

<b>WEEK</b> <b>13</b>	<b>Vancouver Fit</b> <i>Weekly Training Schedule</i>				<b>Tip of the Week:</b>	<i>Remember - Rest days are critical to proper recovery</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>
	<b>Jun 20</b>	<b>Jun 21</b>	<b>Jun 22</b>	<b>Jun 23</b>	<b>Jun 24</b>	<b>Jun 25</b>	<b>Jun 26</b>	<b>Jun 27</b>
<b>BLUE</b>	<b>9 MILES</b> 7:45 AM	OFF	40	10 x 1:00/2:00	OFF	50	OFF	<b>12 MILES</b> 7:15 AM
<b>GREEN</b>	<b>9 MILES</b> 7:45 AM	OFF	35	10 x 1:00/2:00	OFF	45	OFF	<b>12 MILES</b> 7:15 AM
<b>YELLOW</b>	<b>8 MILES</b> 7:45 AM	OFF	30	6 x 1:00/2:00	OFF	40	OFF	<b>11 MILES</b> 7:15 AM
<b>RED</b>	<b>8 MILES</b> 7:25 AM	OFF	25	40 (or yellow)	OFF	35	OFF	<b>11 MILES</b> 6:50 AM
<b>PURPLE</b>	<b>8 MILES</b> 6:45 AM	OFF	25	40 (or yellow)	OFF	35	OFF	<b>11 MILES</b> 5:55 AM

<b>SEMINAR SCHEDULE</b>	<b>Date</b>	<b>Time</b>	<b>Seminar Topic</b>
	Jun 20	9:30AM	Physiology of Training
	Jun 27	9:30AM	Color Group Coaching Session

Visit [www.PortlandFit.com](http://www.PortlandFit.com) and our Discussion Forum for training questions and tips!

**MAKE SURE YOU REST ON YOUR REST DAYS!**

**THINK BEFORE YOU PRINT!**