

WEEK 16	Vancouver Fit Weekly Training Schedule				Tip of the Week:	<i>Get lots of sleep this week</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>
	Jul 11	Jul 12	Jul 13	Jul 14	Jul 15	Jul 16	Jul 17	Jul 18
BLUE	OFF	OFF	30	5 x 4:00/3:00	OFF	35	OFF	11 MILES 7:25 AM
GREEN	OFF	OFF	25	5 x 4:00/3:00	OFF	30	OFF	11 MILES 7:25 AM
YELLOW	OFF	OFF	20	4 x 4:00/3:00	OFF	40	OFF	10 MILES 7:25 AM
RED	OFF	OFF	20	40 (or yellow)	OFF	35	OFF	10 MILES 7:05 AM
PURPLE	OFF	OFF	20	40 (or yellow)	OFF	35	OFF	10 MILES 6:15 AM

SEMINAR SCHEDULE	Date	Time	Seminar Topic
	Jul 11	9:30AM	*** 25K Benchmark in Portland on Saturday***
	Jul 18	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!