

<b>WEEK 19</b>	<b>Vancouver Fit</b> Weekly Training Schedule				<b>Tip of the Week:</b>	Look for Hood to Coast/Portland to Coast team spots on portlandfit.com		
	<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>Aug 1</b>	<b>Aug 2</b>	<b>Aug 3</b>	<b>Aug 4</b>	<b>Aug 5</b>	<b>Aug 6</b>	<b>Aug 7</b>	<b>Aug 8</b>
<b>BLUE</b>	<b>11 MILES</b> 7:25 AM	OFF	50	35	OFF	35	OFF	<b>30K MILES</b> 7:00 AM
<b>GREEN</b>	<b>11 MILES</b> 7:25 AM	OFF	45	35	OFF	30	OFF	<b>30K MILES</b> 7:00 AM
<b>YELLOW</b>	<b>10 MILES</b> 7:25 AM	OFF	40	25	OFF	30	OFF	<b>30K MILES</b> 6:30 AM
<b>RED</b>	<b>10 MILES</b> 7:05 AM	OFF	35	25	OFF	25	OFF	<b>30K MILES</b> 6:00 AM
<b>PURPLE</b>	<b>10 MILES</b> 6:15 AM	OFF	35	25	OFF	25	OFF	<b>30K MILES</b> 6:00 AM

<b>SEMINAR SCHEDULE</b>	<b>Date</b>	<b>Time</b>	<b>Seminar Topic</b>
	Aug 01	9:30AM	30K Benchmark Preview
	Aug 08	9:30AM	*** 30K Benchmark at Vancouver Beaches on Sunday ***

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!**