

<b>WEEK</b> <b>23</b>	<b>Vancouver Fit</b> <i>Weekly Training Schedule</i>				<b>Tip of the Week:</b>	<i>Practice what you'll do in the marathon during our benchmarks.</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>Aug 29</b>	<b>Aug 30</b>	<b>Aug 31</b>	<b>Sep 1</b>	<b>Sep 2</b>	<b>Sep 3</b>	<b>Sep 4</b>	<b>Sep 5</b>
<b>BLUE</b>	<b>13 MILES</b> 7:05 AM	OFF	50	5 x 3:00/3:00	35	30	OFF	<b>10 MILES</b> 7:35 AM
<b>GREEN</b>	<b>13 MILES</b> 7:05 AM	OFF	45	5 x 3:00/3:00	35	25	OFF	<b>10 MILES</b> 7:35 AM
<b>YELLOW</b>	<b>12 MILES</b> 7:05 AM	OFF	45	4 x 3:00/3:00	35	25	OFF	<b>9 MILES</b> 7:35 AM
<b>RED</b>	<b>12 MILES</b> 6:40 AM	OFF	40	OFF	30	20	OFF	<b>9 MILES</b> 7:15 AM
<b>PURPLE</b>	<b>12 MILES</b> 6:00 AM	OFF	40	OFF	30	20	OFF	<b>9 MILES</b> 6:30 AM

<b>SEMINAR SCHEDULE</b>	<b>Date</b>	<b>Time</b>	<b>Seminar Topic</b>
	Aug 29	9:30AM	Color Group Coaching Session - Hood to Coast Weekend!
	Sep 05	9:30AM	21 Mile Benchmark Preview

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!**