

<b>WEEK</b> <b>7</b>	<b>Vancouver Fit</b> <i>Weekly Training Schedule</i>				<b>Tip of the Week:</b>	<i>A heart rate monitor makes it easier to listen to your body</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>May 9</b>	<b>May 10</b>	<b>May 11</b>	<b>May 12</b>	<b>May 13</b>	<b>May 14</b>	<b>May 15</b>	<b>May 16</b>
<b>BLUE</b>	<b>10 MILES</b> 7:35 AM	OFF	40	45	30	40	OFF	<b>8 MILES</b> 7:55 AM
<b>GREEN</b>	<b>10 MILES</b> 7:35 AM	OFF	35	40	30	35	OFF	<b>8 MILES</b> 7:55 AM
<b>YELLOW</b>	<b>9 MILES</b> 7:35 AM	OFF	30	35	OFF	30	OFF	<b>7 MILES</b> 7:55 AM
<b>RED</b>	<b>9 MILES</b> 7:15 AM	OFF	25	30	OFF	25	OFF	<b>7 MILES</b> 7:40 AM
<b>PURPLE</b>	<b>9 MILES</b> 6:30 AM	OFF	25	30	OFF	25	OFF	<b>7 MILES</b> 7:05 AM

<b>SEMINAR SCHEDULE</b>	<b>Date</b>	<b>Time</b>	<b>Seminar Topic</b>
	May 09	9:30AM	Heart Rate Training
	May 16	9:30AM	Speed Training

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!**