

May 2009						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
4	5	6	7	8 30 min. run/walk	9	10 8:00a 4 miles
11 30 min. run/walk	12	13	14 30 min. run/walk	15	16	17 8:00a 5 miles
18 30 min. run/walk	19	20	21 30 min. run/walk	22	23	24 8:00a 6 miles
25 30 min. run/walk	26	27	28 30 min. run/walk	29	30	31 8:00a 7 miles

To-Do List Today

June 2009						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 30 min. run/walk	3	4 30 min. run/walk	5	6	7 8:00a 8 miles
8	9 30 min. run/walk	10	11 30 min. run/walk	12	13	14 7:00a 10 miles
15	16 30 min. run/walk	17	18 30 min. run/walk	19	20	21 8:00a 5 miles
22	23 30 min. run/walk	24	25 30 min. run/walk	26	27	28 7:00a 12 miles
29	30 30 min. run/walk	1	2 30 min. run/walk	3	4	5 9:00a 6 miles

To-Do List Today

July 2009						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30 30 min. run/walk	1	2 30 min. run/walk	3	4	5 9:00a 6 miles
6	7 30 min. run/walk	8	9 30 min. run/walk	10	11	12 7:00a 14 miles
13	14 30 min. run/walk	15	16 30 min. run/walk	17	18	19 8:00a 6 miles
20	21 30 min. run/walk	22	23 30 min. run/walk	24	25	26 7:00a SF Half Marathon - 13 miles
27	28	29	30	31	1	2

To-Do List Today