

July/August Workout Schedule - Returning/Advanced

Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/8 - 7/14	Team - Wilson Park	4 mile	Team - NWA Trailhead	Team - Centennial Park	Bike/Swim	26 minutes	Off
7/15 - 7/21	Team - Wilson Park	4 mile	Team - NWA Trailhead	Team - Mt. Kessler	Bike/Swim	26 minutes	Off
7/22 - 7/28	Team - Wilson Park	4.5 mile	Team - NWA Trailhead	Team - Botanical Gardens	Bike/Swim	30 minutes	Off
7/29 - 8/4	Team - Wilson Park	4.5 mile	Team - NWA Trailhead	Team - Veterans Park	Bike/Swim	30 minutes	Off
8/5 - 8/11	Team - Wilson Park	5 mile	Team - NWA Trailhead	Team - TBD	Bike/Swim	33 minutes	Off
8/12 - 8/18	No Team Practice - 33 minutes	5 mile	Team - Woodland	Team - Woodland	Bike/Swim	33 minutes	Off

Definitions:

Monday - Team Workout - Did you miss? Ask a friend what the workout was!

Tuesday - Distance. Similar to Monday, except this time you are focusing on distance not time. Focus on a pace you can maintain the entire distance.

Wednesday - Team Workout - Did you miss? Ask a friend what the workout was!

Thursday - Team Workout - Did you miss? Ask a friend what the workout was!

Friday - I have Bike/Swim listed, but really you can do anything...play basketball, soccer, etc. Do something.

Saturday - Just like Monday.

Sunday - Rest