



# L2R Training Schedule

## April 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 4:30-5:30pm .5 mile run/walk	7	8 4:30-5:30pm .5 mile run/walk	9	10
11	12	13 4:30-5:30pm .5 mile run	14	15 4:30-5:30pm .75 mile run/ walk	16	17
18	19	20 4:30-5:30pm 1 mile run/walk	21	22 4:30pm-5:30pm 1 mile run/walk	23	24
25	26	27 4:30-5:30pm 1 mile run	28	29 4:30-5:30pm 1.5 mile run/ walk	30	



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## May 2010



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						1
2	3	4 4:30-5:30pm 1.5 mile run/ walk	5	6 4:30-5:30pm 1.5 mile run	7	8
9	10	11 4:30-5:30pm 2 mile run	12	13 4:30-5:30pm 1.5 mile run	14	15 <b>CELLCOM MINI MARATHON</b>
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					