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| July | | | |  | | | |
|  | | | | 2024 | | | |
|  | | | |  | | | |
| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
|  | 1 | 2 | 3 | | 4 | 5 | 6 | |
| No practice all week  Run on your own | Run 35 – 40 min  50 push ups  50 sit ups | Run 35-40 min  50 push ups  50 sit ups | Run 35 -40 min | | Run 35 -40 min  50 push ups  50 sit ups | Run 35 -40 min | Run 35 -40 min | |
| 7 | 8 | 9 | 10 | | 11 | 12 | 13 | |
| Take Off | Run 35 -40 min  50 push ups  50 sit ups | Practice at SMS  6 pm | Run 35 -40 min  50 sit ups  50 push ups | | Practice at SMS  50 sit ups  50 push ups | Run 35 -40 min  50 sit ups  50 push ups | Run 35-40 mn | |
| 14 | 15 | 16 | 17 | | 18 | 19 | 20 | |
| Take off  No practice all week  Run on your own | Run 35 – 40 min  50 push ups  50 sit ups | Run 35 -40 min  50 push ups  50 sit ups | Take off  Swim or Bike | | Run 35 -40 min  50 sit ups  50 push ups | Run 35-40 min  50 push ups  50 sit ups | Run 40 -45 min | |
| 21 | 22 | 23 | 24 | | 25 | 26 | 27 | |
| Take off | Run 35 – 45 min  50 push ups  50 sit ups | Practice at SMS  6 pm | Run 35-45 min | | Practice at SMS  6 pm | Run 35 -45 min | Run 35 – 45 min | |
| 28 | 29 | 30 | 31 | |  |  |  | |
| Take off | Run 35 – 45 min  50 push ups  50 sits | Practice at SMS  6 pm | Run 35 -45 min | | Practice at SMS  6 pm | Run 35 -45 min | Run 35 -45 min | |
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| February | | | |  | | | |
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| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
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| 4 | 5 | 6 | 7 | | 8 | 9 | 10 | |
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| 11 | 12 | 13 | 14 | | 15 | 16 | 17 | |
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| 18 | 19 | 20 | 21 | | 22 | 23 | 24 | |
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| 25 | 26 | 27 | 28 | | 29 |  |  | |
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| March | | | |  | | | |
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| 10 | 11 | 12 | 13 | | 14 | 15 | 16 | |
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| 17 | 18 | 19 | 20 | | 21 | 22 | 23 | |
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| 24 | 25 | 26 | 27 | | 28 | 29 | 30 | |
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| April | | | |  | | | |
|  | | | | 2024 | | | |
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| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
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| 14 | 15 | 16 | 17 | | 18 | 19 | 20 | |
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| 21 | 22 | 23 | 24 | | 25 | 26 | 27 | |
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| May | | | |  | | | |
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| 5 | 6 | 7 | 8 | | 9 | 10 | 11 | |
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| 12 | 13 | 14 | 15 | | 16 | 17 | 18 | |
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| 19 | 20 | 21 | 22 | | 23 | 24 | 25 | |
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| 26 | 27 | 28 | 29 | | 30 | 31 |  | |
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| June | | | |  | | | |
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| 2 | 3 | 4 | 5 | | 6 | 7 | 8 | |
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| 9 | 10 | 11 | 12 | | 13 | 14 | 15 | |
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| 16 | 17 | 18 | 19 | | 20 | 21 | 22 | |
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| 23 | 24 | 25 | 26 | | 27 | 28 | 29 | |
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| July | | | |  | | | |
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| August | | | |  | | | |
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| September | | | |  | | | |
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| 15 | 16 | 17 | 18 | | 19 | 20 | 21 | |
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| October | | | |  | | | |
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| November | | | |  | | | |
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| December | | | |  | | | |
|  | | | | 2024 | | | |
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