|  |  |
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| July |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
| No practice all weekRun on your own | Run 35 – 40 min50 push ups50 sit ups | Run 35-40 min50 push ups50 sit ups | Run 35 -40 min | Run 35 -40 min50 push ups50 sit ups | Run 35 -40 min | Run 35 -40 min |
| 7 | 8 | 9 | 10 | 11 |  12 | 13 |
| Take Off | Run 35 -40 min50 push ups50 sit ups | Practice at SMS6 pm | Run 35 -40 min50 sit ups50 push ups | Practice at SMS50 sit ups50 push ups | Run 35 -40 min50 sit ups50 push ups | Run 35-40 mn |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Take offNo practice all weekRun on your own | Run 35 – 40 min50 push ups50 sit ups | Run 35 -40 min50 push ups50 sit ups | Take offSwim or Bike | Run 35 -40 min50 sit ups50 push ups | Run 35-40 min50 push ups50 sit ups | Run 40 -45 min |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Take off | Run 35 – 45 min50 push ups50 sit ups | Practice at SMS6 pm | Run 35-45 min | Practice at SMS6 pm | Run 35 -45 min | Run 35 – 45 min |
| 28 | 29 | 30 | 31 |  |  |  |
| Take off | Run 35 – 45 min50 push ups50 sits | Practice at SMS6 pm | Run 35 -45 min | Practice at SMS6 pm | Run 35 -45 min | Run 35 -45 min |
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| February |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  |  |  |  |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  |  |  |  |  |  |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  |  |  |  |  |  |  |
| 25 | 26 | 27 | 28 | 29 |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| March |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2  |
|  |  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  |  |  |  |  |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  |  |  |  |  |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  |  |  |  |  |  |  |
| 31 |  |  |  |  |  |  |
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| April |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
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| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  |  |  |  |  |  |  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  |  |  |  |  |  |  |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  |  |  |  |  |  |  |
| 28 | 29 | 30 |  |  |  |  |
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| May |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
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| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  |  |  |  |  |  |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  |  |  |  |  |  |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  |  |  |  |  |  |  |
| 26 | 27 | 28 | 29 | 30 | 31 |  |
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| --- | --- |
| June |  |
|  | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  |  |  |  |  |  |  |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  |  |  |  |  |  |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|  |  |  |  |  |  |  |
| 30 |  |  |  |  |  |  |
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| --- | --- |
| July |  |
|  | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
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| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  |  |  |  |  |  |  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  |  |  |  |  |  |  |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  |  |  |  |  |  |  |
| 28 | 29 | 30 | 31 |  |  |  |
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| August |  |
|  | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  |  |  |  |  |  |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  |  |  |  |  |  |  |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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| September |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  |  |  |  |  |  |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  |  |  |  |  |  |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  |  |  |  |  |  |  |
| 29 | 30 |  |  |  |  |  |
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| October |  |
|  | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
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| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  |  |  |  |  |  |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  |  |  |  |  |  |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  |  |  |  |  |  |  |
| 27 | 28 | 29 | 30 | 31 |  |  |
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| November |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
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| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  |  |  |  |  |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
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| --- | --- |
| December |  |
|  | 2024 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  |  |  |  |  |  |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  |  |  |  |  |  |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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| 29 | 30 | 31 |  |  |  |  |
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