

April 2024 Workout Calendar 3-6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Activity/Time: Run 14 Bike 14 Stretches - 6, 9, 11, 14, 16	2 Rest	3 Activity/Time: Run 21	4 Rest	5 Activity/Time: Bike 28	6 Walk 30 Stretches - 8, 9, 11, 15, 16
7 Activity/Time: Bike 23 Stretches - 6, 9, 10, 11, 12	8 Activity/Time: Run 15 Bike 14 Stretches - 6, 9, 11, 14, 16	9 Rest	10 Activity/Time: Run 22 Stretches - 8, 9, 11, 15, 16	11 Rest	12 Activity/Time: Bike 30 Stretches - 6, 9, 10, 11, 12	13 Walk 30 Stretches - 8, 9, 11, 15, 16
14 Activity/Time: Bike 25 Stretches - 6, 9, 10, 11, 12	15 Activity/Time: Run 15 Bike 15 Stretches - 6, 9, 11, 14, 16	16 Rest	17 Activity/Time: Run 23 Stretches - 8, 9, 11, 15, 16	18 Rest	19 Activity/Time: Bike 32 Stretches - 6, 9, 10, 11, 12	20 Walk 30 Stretches - 8, 9, 11, 15, 16
21 Activity/Time: Bike 27 Stretches - 6, 9, 10, 11, 12	22 Activity/Time: Run 16 Bike 15 Stretches - 6, 9, 11, 14, 16	23 Rest	24 Activity/Time: Run 24 Stretches - 8, 9, 11, 15, 16	25 Rest	26 Activity/Time: Bike 30 Stretches - 6, 9, 10, 11, 12	27 Walk 30 Stretches - 8, 9, 11, 15, 16
28 Activity/Time: Bike 29 Stretches - 6, 9, 10, 11, 12	29 Activity/Time: Run 16 Bike 16 Stretches - 6, 9, 11, 14, 16	30 Rest				