

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Run 5 Miles Yoga Gym	21 Run 3 Miles Weights (Arms/Abs) Gym (Combo)	22 Run 3 Miles Body Combat @ 6:30 Gym (Legs)	23 Run 3 Miles Rest Day	24 Run 3 Miles Weights (Legs/Butt) Gym (Arms/Abs)	25 Rest day Rest day	26 Run 7 Miles Gym (Cardio)
27 Run 2.5 Miles Weights (Arms/abs) Gym (Combo)	28 Take the Day off	29 Run 2.5 Miles Body Combat @ 6:30 Gym (Legs)	30 Run 3 Miles Gym (Arms/Abs)	31 Run 3 Miles Weights (Legs/Butt) Gym (Cardio)	1 Rest day Rest day	2 Run 7 Miles Out of Town
3	4	NOTES	Every Night: 100 Abs, 50 lunges, 10 minute stretching Every Night: 10 Minute HIIT interval with 100 Abs			