

JULY-AUGUST

2024

M	T	W	T	F	S	S
15 STRENGTH	16 45-60 MINUTES MODERATE CARDIO	17 REST	18 45-60 MIN INCLINE TRAINING	19 STRENGTH	20 6-7 MILES, 2000-2500 FT ELEVATION GAIN	21 REST/STRETCHING
22 STRENGTH	23 45-60 MINUTES MODERATE CARDIO	24 REST	25 45-60 MIN INCLINE TRAINING	26 STRENGTH	27 7-10 MILES, 3,000-3,500 FT ELEVATION GAIN	28 REST/STRETCHING
29 STRENGTH	30 45-60 MINUTES MODERATE CARDIO	31 REST	1 45-60 MIN INCLINE TRAINING	2 STRENGTH	3 10-12 MILES, 4000 FT ELEVATION GAIN	4 REST/STRETCHING
5 STRENGTH	6 45-60 MINUTES MODERATE CARDIO	7 REST	8 REST	9 THRU HIKE!	10	11
12	13	14	15	16	17	18