

# May 2024 Workout Calendar 3-6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Activity/Time: Run 22 Stretches - 6, 9, 10, 11, 12	2 Rest	3 Activity/Time: Bike 25 Stretches - 6, 9, 10, 11, 12	4 Walk 30 Stretches - 6, 9, 10, 11, 12
5 Activity/Time: Bike 30 Stretches - 6, 9, 10, 11, 12	6 Activity/Time: Run 17 Bike 17 Hydrate	7 Hydrate	8 Activity/Time: Run 20 Hydrate	9 Hydrate	10 Activity/Time: Bike 20 Hydrate	11 Walk 30 Stretches - 6, 9, 10, 11, 12
12 Activity/Time: Bike 15 Stretches - 6, 9, 10, 11, 12	13 Activity/Time: Run 15 Bike 15 Hydrate Stretches - 6, 9, 10, 11, 12	14 Hydrate	15 Packet Pick-up Night Pick up Race Materials 6:00 - 9:00 @ Penndale	16 Hydrate	17 Hydrate	18 IRONKnights Triathlon  IRONKnights
19 IRONKnights RAIN DATE	20	21	22	23	24	25
26	27	28	29	30	31	