

2024

CALENDAR YEAR

APRIL

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Tammy Wu, MD & Calvin Lee, MD

Surgical Artistry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01	02	03	04	05	06
Rest Day	Cross Train LIGHT	Mileage Build Up 1-3 miles EASY	Cross Train LIGHT	Mileage Build Up 1-3 miles EASY	Rest Day	Mileage Build Up 2-4 miles MODERATE
Rest Day	Cross Train LIGHT	Mileage Build Up 2-4 miles EASY	Cross Train LIGHT	Mileage Build Up 2-4 miles EASY	Rest Day	Group Workout Modesto Moves Begins 3 miles or 30 minutes CONVERSATION PACE
Rest Day	Individual Workout Cross Train MODERATE to HEAVY	Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	Individual Workout Cross Train MODERATE to HEAVY	Individual Workout 2 miles TEMPO PACE	Rest Day	Group Workout 4 miles or 40 minutes CONVERSATION PACE
Rest Day	Individual Workout Cross Train MODERATE to HEAVY	Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	01	02	03	04
Notes: Cross Training includes: walking, biking, swimming, yoga, pilates, strength training	Notes: Effort/Pace: EASY = can hold a full conversation MODERATE = can still talk in sentences with some effort HEAVY = speaking in phrases versus sentences	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at Lenance@att.net

2024

CALENDAR YEAR

MAY

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Tammy Wu, MD & Calvin Lee, MD

Surgical Artistry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Rest Day	29 Individual Workout Cross Train MODERATE to HEAVY	30 Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	01 Individual Workout Cross Train MODERATE to HEAVY	02 Individual Workout 3 miles TEMPO PACE	03 Rest Day	04 Group Workout 5 miles or 50 minutes CONVERSATION PACE
05 Rest Day	06 Individual Workout Cross Train MODERATE to HEAVY	07 Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	08 Individual Workout Cross Train MODERATE to HEAVY	09 Individual Workout 2 miles TEMPO PACE	10 Rest Day	11 Group Workout 4 miles or 40 minutes CONVERSATION PACE
12 Rest Day	13 Individual Workout Cross Train MODERATE to HEAVY	14 Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	15 Individual Workout Cross Train MODERATE to HEAVY	16 Individual Workout 3 miles TEMPO PACE	17 Rest Day	18 Group Workout 5 miles or 50 minutes CONVERSATION PACE
19 Rest Day	20 Individual Workout Cross Train MODERATE to HEAVY	21 Group Workout Surgical Artistry 2-4 miles SPEED WORK PACE	22 Individual Workout Cross Train MODERATE to HEAVY	23 Individual Workout 4 miles TEMPO PACE	24 Rest Day	25 MODESTO MEMORIAL CLASSIC 1 MILE + 5K
26 Rest Day	27 MEMORIAL DAY Individual Workout Cross Train MODERATE to HEAVY	28 Group Workout Viginia Corridor 2-4 miles SPEED WORK PACE	29 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	30 Individual Workout 3 miles TEMPO PACE	31 Rest Day	01
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at Lenance@att.net

2024

CALENDAR YEAR

JUNE

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Tammy Wu, MD & Calvin Lee, MD

Surgical Artistry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	31	01 Group Workout 6 miles CONVERSATION PACE	
02 Rest Day	03 Individual Workout Cross Train HEAVY	04 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	05 Individual Workout Cross Train HEAVY	06 Individual Workout 4 miles TEMPO PACE	07 Rest Day	08 Group Workout 7 miles CONVERSATION PACE	
09 Rest Day	10 Individual Workout Cross Train HEAVY	11 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	12 Individual Workout Cross Train HEAVY	13 Individual Workout 5 miles TEMPO PACE	14 Rest Day	15 Group Workout 8 miles CONVERSATION PACE	
16 Rest Day	17 Individual Workout Cross Train HEAVY	18 Group Workout Virginia Corridor 3-5 miles SPEED WORK PACE	19 Individual Workout Cross Train HEAVY	20 Individual Workout 6 miles TEMPO PACE	21 Rest Day	22 Group Workout 6 miles CONVERSATION PACE	
23 Rest Day	24 Individual Workout Cross Train HEAVY	25 Group Workout Surgical Artistry 3-5 miles SPEED WORK PACE	26 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	27 Individual Workout 4 miles TEMPO PACE	28 Rest Day	29 Group Workout 7 miles CONVERSATION PACE	
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at Lenance@att.net	

2024

CALENDAR YEAR

JULY

CALENDAR MONTH

SUNDAY
FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30	01 Individual Workout Cross Train HEAVY	02 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	03 Individual Workout Cross Train HEAVY	04 Individual Workout 4 miles TEMPO PACE	05 Rest Day	06 ROGER'S RUN 5K TEEN CHALLENGE FAITH HOME RANCH, CERES	
07 Rest Day	08 Individual Workout Cross Train HEAVY	09 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	10 Individual Workout Cross Train HEAVY	11 Individual Workout 5 miles TEMPO PACE	12 Rest Day	13 Group Workout 8 miles CONVERSATION PACE	
14 Rest Day	15 Individual Workout Cross Train HEAVY	16 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	17 Individual Workout Cross Train HEAVY	18 Individual Workout 6 miles TEMPO PACE	19 Rest Day	20 Group Workout 10 miles CONVERSATION PACE	
21 Rest Day	22 Individual Workout Cross Train HEAVY	23 Group Workout Surgical Artistry 4-6 miles SPEED WORK PACE	24 Individual Workout Cross Train HEAVY	25 Individual Workout 7 miles TEMPO PACE	26 Rest Day	27 Group Workout 12 miles CONVERSATION PACE	
28 Rest Day	29 Individual Workout Cross Train HEAVY	30 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	31 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	01	02	03	
04 Rest Day	05	06	07	08	09	10	
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at Lenance@att.net	

2024

CALENDAR YEAR

AUGUST

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Tammy Wu, MD & Calvin Lee, MD

Surgical Artistry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28	29	30	31	01 Individual Workout 6 miles TEMPO PACE	02 Rest Day	03 Group Workout 8 miles CONVERSATION PACE	
04 Rest Day	05 Individual Workout Cross Train HEAVY	06 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	07 Individual Workout Cross Train HEAVY	08 Individual Workout 8 miles TEMPO PACE	09 Rest Day	10 Group Workout 10 miles CONVERSATION PACE	
11 Rest Day	12 Individual Workout Cross Train HEAVY	13 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	14 Individual Workout Cross Train HEAVY	15 Individual Workout 7 miles TEMPO PACE	16 Rest Day	17 Group Workout 12 miles CONVERSATION PACE	
18 Rest Day	19 Individual Workout Cross Train HEAVY	20 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	21 Individual Workout Cross Train HEAVY	22 Individual Workout 6 miles TEMPO PACE	23 Rest Day	24 Group Workout 8 miles CONVERSATION PACE	
25 Rest Day	26 Individual Workout Cross Train HEAVY	27 Group Workout Surgical Artistry 4-6 miles SPEED WORK PACE	28 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	29 Individual Workout 7 miles TEMPO PACE	30 Rest Day	31 Group Workout 10 miles CONVERSATION PACE	
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at Lenance@att.net	

2024

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
01 Rest Day	02 Individual Workout Cross Train HEAVY	03 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	04 Individual Workout Cross Train HEAVY	05 Individual Workout 8 miles TEMPO PACE	06 Rest Day	07 Group Workout 12 miles CONVERSATION PACE	
08 Rest Day	09 Individual Workout Cross Train HEAVY	10 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	11 Individual Workout Cross Train HEAVY	12 Individual Workout 7 miles TEMPO PACE	13 Rest Day	14 Group Workout 10 miles CONVERSATION PACE	
15 Rest Day	16 Individual Workout Cross Train HEAVY	17 Group Workout Virginia Corridor 4-6 miles SPEED WORK PACE	18 Individual Workout Cross Train HEAVY	19 Individual Workout 6 miles TEMPO PACE	20 Rest Day	21 Group Workout 6-8 miles CONVERSATION PACE	
22 Rest Day	23 Individual Workout Cross Train MODERATE	24 Group Workout Surgical Artistry 4-6 miles SPEED WORK PACE	25 Individual Workout Cross Train MODERATE	26 Individual Workout 6 miles TEMPO PACE	27 Rest Day	28 Group Workout 4-6 miles CONVERSATION PACE	
29 Rest Day	30 Individual Workout Cross Train LIGHT	01	02	03	04	05	
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at Lenance@att.net	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	01 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	02 Individual Workout Cross Train LIGHT	03 Individual Workout 3-4 miles TEMPO PACE	04 Rest Day	05 REST DAY POMR Packet Pick Up Stay off feet!	
06 PEACE OFFICER MEMORIAL RUN 13.1 miles End of Season Celebration!	07 Individual Workout Cross Train LIGHT	08 Individual Workout 3-4 miles WALK/RECOVERY	09 Individual Workout Cross Train LIGHT	10 Individual Workout 3-4 miles EASY/RECOVERY	11 Rest Day	12 Individual Workout 4-6 miles CONVERSATION PACE	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30 Group Workout Virginia Corridor 2-4 miles SPEED WORK PACE	31	01	02	
03	04	05	06	07	08	09	
Notes: Cross Training includes: walking, biking, swimming, elliptical, yoga, pilates, strength training	Notes: Effort/Pace: CONVERSATION = can hold a full conversation TEMPO = can speak in phrases with some effort SPEED = can only speak a few words at a time	Notes: Rest Days: -can do something -keep it LIGHT (i.e., walk, gentle swim, gentle cycle, restorative yoga)				Calendar prepared for Modesto Moves Training Team by Laura Nance, RRCA Certified Coach Questions?? Contact me at Lenance@att.net	