

March 2024 Workout Calendar 3-6

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