

April 2024 Workout Calendar K-2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Activity/Time: Run 8 Bike 9 <small>Stretches - 6, 9, 11, 14, 16</small>	2 Rest	3 Activity/Time: Run 15 <small>Stretches - 8, 9, 11, 15, 16</small>	4 Rest	5 Activity/Time: Bike 14 <small>Stretches - 6, 9, 10, 11, 12</small>	6 Walk 15 <small>Stretches - 8, 9, 11, 15, 16</small>
7 Activity/Time: Bike 12 <small>Stretches - 6, 9, 10, 11, 12</small>	8 Activity/Time: Run 9 Bike 9 <small>Stretches - 6, 9, 11, 14, 16</small>	9 Rest	10 Activity/Time: Run 15 <small>Stretches - 8, 9, 11, 15, 16</small>	11 Rest	12 Activity/Time: Bike 15 <small>Stretches - 6, 9, 10, 11, 12</small>	13 Walk 15 <small>Stretches - 8, 9, 11, 15, 16</small>
14 Activity/Time: Bike 12 <small>Stretches - 6, 9, 10, 11, 12</small>	15 Activity/Time: Run 9 Bike 10 <small>Stretches - 6, 9, 11, 14, 16</small>	16 Rest	17 Activity/Time: Run 15 <small>Stretches - 8, 9, 11, 15, 16</small>	18 Rest	19 Activity/Time: Bike 16 <small>Stretches - 6, 9, 10, 11, 12</small>	20 Walk 15 <small>Stretches - 8, 9, 11, 15, 16</small>
21 Activity /Time: Bike 12 <small>Stretches - 6, 9, 10, 11, 12</small>	22 Activity/Time: Run 10 Bike 10 <small>Stretches - 6, 9, 11, 14, 16</small>	23 Rest	24 Activity/Time: Run 15 <small>Stretches - 8, 9, 11, 15, 16</small>	25 Rest	26 Activity/Time: Bike 17 <small>Stretches - 6, 9, 10, 11, 12</small>	27 Walk 15 <small>Stretches - 8, 9, 11, 15, 16</small>
28 Activity/Time: Bike 13 <small>Stretches - 6, 9, 10, 11, 12</small>	29 Activity/Time: Run 11 Bike 10 <small>Stretches - 6, 9, 11, 14, 16</small>	30 Rest				