

# JUNE TRAINING CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Ride your bike for 15- 20 minutes 	★ 4 Run steady for 10-15 minutes 	★ 5 Stretch your MUSCLES! 	6 Swim steady for 5- 10 minutes 	7 Go for a walk with your family for 30 minutes! 	8 Ride your bike for 15- 20 Minutes 
9 Rest, eat healthy, and drink lots of water!	10 Go for a walk with your family for 30 minutes! 	★ 11 Run steady for 10-15 minutes 	★ 12 Stretch your MUSCLES! 	13 Ride your bike for 15- 20 minutes 	14 Swim down take a break & swim back 2x 	15 Play outside with friends!
16 Practice transitioning from water to putting on your shoes and getting on your bike!	17 Rest, eat healthy, and drink lots of water!	★ 18 Swim for 10 minutes and Jog for 10 minutes 	★ 19 Stretch your MUSCLES! 	20 Ride your bike for 15 minutes & run for 10 minutes 	21 Swim 1 lap with Kick board 1 Lap without 	22 Play outside with friends!
23 Practice getting out of the water into your bike gear and taking your helmet off to run!	24 Ride your bike for 15 minutes & run for 10 minutes 	★ 25 Swim for 1-2 laps and Jog for 10 minutes 	★ 26 Stretch your MUSCLES! 	27 Run for 10 minutes and check your gear for the event! 	28 Rest, eat healthy, and drink lots of water!	29 <b>RACE DAY!</b>



★ = TRI CAMP OFFERED  
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