

Suggested programs are for informational purposes only. Always consult a physician before performing this or any exercise program. It is your responsibility to evaluate your own medical and physical condition, and to independently determine whether to perform, use or adapt any of the information or content on this web site. Any exercise program may result in injury. By voluntarily undertaking any exercise displayed on this web site, you assume the risk of any resulting injury.

Morgan Johnson Hoffman
 USAT Certified Level II and Youth & Juniors Coach
 USAT High Performance Team Head Coach
 USAC Certified Level III Coach
 ASCA Coach Member

If you'd like to read more about Morgan, check her Playtri website: Team Playtri:
www.playtri.com/youth

Monday, 8/29	10 Minute Walk
Tuesday, 8/30	15 Minute Walk
Wednesday, 8/31	Day off
Thursday, 9/1	1 Mile Walk
Friday, 9/2	Day off
Saturday, 9/3	1.5 Mile Walk
Sunday, 9/4	Day off
Monday, 9/5	10 Minute Walk
Tuesday, 9/6	1 Mile Walk
Wednesday, 9/7	Day off
Thursday, 9/8	15 Minute Walk
Friday, 9/9	1.5 Mile Walk
Saturday, 9/10	Day off
Sunday, 9/11	Day off
Monday, 9/12	10 Minute Walk
Tuesday, 9/13	1 Mile Walk
Wednesday, 9/14	1 Mile Walk
Thursday, 9/15	Day off
Friday, 9/16	10 Minute Walk
Saturday, 9/17	1.75 Mile Walk
Sunday, 9/18	Day off
Monday, 9/19	10 Minute Walk
Tuesday, 9/20	1 Mile Walk
Wednesday, 9/21	1.5 Mile Walk
Thursday, 9/22	Day off
Friday, 9/23	10 Minute Walk
Saturday, 9/24	2 Mile Walk
Sunday, 9/25	Day off
Monday, 9/26	10 Minute Walk
Tuesday, 9/27	1.5 Mile Walk
Wednesday, 9/28	Day off
Thursday, 9/29	10 Minute Walk

Friday, 9/30	1 Mile Walk
Saturday, 10/1	2.25 Mile Walk
Sunday, 10/2	Day off
Monday, 10/3	15 Minute Walk
Tuesday, 10/4	1.5 Mile Walk
Wednesday, 10/5	Day off
Thursday, 10/6	15 Minute Walk
Friday, 10/7	1.5 Mile Walk
Saturday, 10/8	2.5 Mile Walk
Sunday, 10/9	Day off
Monday, 10/10	15 Minute Walk
Tuesday, 10/11	1.5 Mile Walk
Wednesday, 10/12	Day off
Thursday, 10/13	20 Minute Walk
Friday, 10/14	1.5 Mile Walk
Saturday, 10/15	2.75 Mile Walk
Sunday, 10/16	Day off
Monday, 10/17	10 Minute Walk
Tuesday, 10/18	1 Mile Walk
Wednesday, 10/19	Day off
Thursday, 10/20	1 Mile Walk
Friday, 10/21	10 Minute Walk
Saturday, 10/22	Race day!
Sunday, 10/23	Rest and relax!