

March 2024 Workout Calendar K-2

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