

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>MAY 2015</h1>					<b>**Calendar by: Gini Davis Physical Therapist Crescent City Physical Therapy</b>	<b>Always consult with Your physician before beginning a new fitness program</b>
<b>Crescent Connection Bridge Run 4 Mile Training Schedule</b>						
<b>GET READY – 4 mi CC BRIDGE RUN 6/6/15</b>			APRIL 29  Walkers: Walk 1 mi Joggers: Jog 1 mi	APRIL 30  Walkers: Walk 1 mi Joggers: Jog 1 mi	MAY 1  Walkers: Rest Joggers: Rest	2  Walkers: Walk 1 mi Joggers: Jog 1 mi
3  Walkers: Walk 1 mi Joggers: Jog 1 mi	4  Walkers: Walk 2 mi Joggers: Jog 2 mi	5  Walkers: Rest Joggers: Rest	6  Walkers: Walk 2 mi Joggers: Jog 2 mi  Add a hill/overpass	7  Walkers: Walk 1 mi Joggers: Jog 1 mi	8  Walkers: Rest Joggers: Rest	9  Walkers: Walk 2 ½ mi Joggers: Jog 2 ½ mi
10  Walkers: Walk 1 mi Joggers: Jog 1 mi	11  Walkers: Walk 3 mi Joggers: Jog 3 mi	12  Walkers: Rest Joggers: Rest	13  Walkers: Walk 3 mi Joggers: Jog 3 mi  Add a hill/overpass	14  Walkers: Walk 1 mi Joggers: Jog 1 mi	15  Walkers: Rest Joggers: Rest	16  Walkers: Walk 3 mi Joggers: Jog 3 mi
17  Walkers: Walk 1 mi Joggers: Jog 1 mi	18  Walkers: Walk 2 mi Joggers: Jog 2 mi	19  Walkers: Rest Joggers: Rest	20  Walkers: Walk 3 mi Joggers: Jog 3 mi  Add a hill/overpass	21  Walkers: Walk 2 mi Joggers: Jog 2 mi	22  Walkers: Rest Joggers: Rest	23  Walkers: Walk 3 ½ mi Joggers: Jog 3 ½ mi
24  Walkers: Walk 1 mi Joggers: Jog 1 mi	25  Walkers: Walk 3 mi Joggers: Jog 3 mi	26  Walkers: Rest Joggers: Rest	27  Walkers: Walk 3 ½ mi Joggers: Jog 3 ½ mi  Add a hill/overpass	28  Walkers: Walk 2 mi Joggers: Jog 2 mi	29  Walkers: Rest Joggers: Rest	30  Walkers: Walk 4 mi Joggers: Jog 4 mi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JUNE 2015</h1> <h2 style="color: red;">Crescent Connection 4 Mile Bridge Run Training Schedule</h2>					<b>**Calendar by: Gini Davis Physical Therapist Crescent City Physical Therapy</b>	<b>Always consult with Your physician before beginning a new fitness program</b>
MAY 31  Walkers: Walk 2 mi Joggers: Jog 2 mi	JUNE 1  Walkers: Walk 2 mi Joggers: Jog 2 mi	2  Walkers: Rest Joggers: Rest	3  Walkers: Walk 3 mi Joggers: Jog 3 mi	4  Walkers: Walk 1 mi Joggers: Jog 1 mi	5  Walkers: Rest Joggers: Rest	6  <b style="color: red;">CRESCENT CONNECTION BRIDGE 4 MILE RUN 7 PM</b>  <b style="color: red;">HAVE FUN!!</b>