

August 2019

August 2019							Sep 2019 ►
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			31 JV – 20 mins V – 30 mins On your own	1 JV – 20 mins V – 30 mins On your own	2 JV – 20 mins V – 30 mins On your own	3	
4	5 JV – 20 mins V – 30 mins On your own	6 JV – 20 mins V – 30 mins On your own	7 JV – 20 mins V – 30 mins On your own	8 JV – 20 mins V – 30 mins On your own	9 JV – 20 mins V – 30 mins On your own	10	
11	12 JV – 20 mins V – 30 mins On your own	13 JV – 20 mins V – 30 mins On your own	14 JV – 20 mins V – 30 mins On your own	15 JV – 20 mins V – 30 mins On your own	16 St Helen Carnival JV – 20 mins V – 30 mins On your own	17 St Helen Carnival	
18 St Helen Carnival	19 JV – 20 mins V – 30 mins On your own	20 1 st Day of School JV-15 min run 4x30 strides V-25 min run 4x30 strides	21 JV- 20 mins V – 30 mins	22 TIME Trial 1 Mile	23 JV- 20 mins V – 30 mins	24 JV- 20 mins V – 30 mins On your own	
25	26 JV- 20 mins V – 30 mins	27 JV-15 min run 4x30 strides V-25 min run 4x30 strides	28 JV- 20 mins V – 30 mins	29 Hill workout	30 JV- 20 mins V – 30 mins	31 JV- 20 mins V – 30 mins On your own	

More Calendars: [Sep 2018](#), [Oct 2018](#), [2018](#)