

# FLOW FITNESS™ Training Calendar



# MAY

Mon	Tues	Wed	Thurs	Fr	Sat	Sun
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 <b>7 PM - CLW</b>  <b>Introduction Registration materials Training Calendar</b>	25	26 <b>6:30 PM - CLW</b>  <b>Run/Walk - Outside Stretch - Inside Handout Log Books</b>	27	28 <b>7 AM - MCC</b>  <b>To Be Announced - will most likely be swimming</b>	29  Try to engage in some on at least one of these	30  form of physical activity days.
31  <b>MEMORIAL DAY</b>  <b>No Scheduled Meeting</b>						

**CLW = The Center for Lifetime Wellness - w/in Monroe Community Hospital at 435 East Henrietta Road**

**MCC = Monroe Community College - 1000 East Henrietta Road**

**Directions to the MCC Pool and Parking Area:**

The pool at MCC is located in the building next to the large playing fields. Make a right onto the campus loop off the East Henrietta Road entrance and then your first left. That is the parking lot for the pool.

It is located across from the ESL Sports Complex.

# FLOW FITNESS™ Training Calendar



# JUNE

Mon	Tues	Wed	Thurs	Fr	Sat	Sun
31 <b>MEMORIAL DAY</b> <b>No Scheduled Meeting</b>	1	2 <b>6:30 PM - CLW</b> Run/Walk - Outside <b>7:00 PM</b> Introduction to Strength Training	3	4 <b>7 AM - MCC</b>  <b>Swimming</b>	5  You should run/walk on on one of these days.	6  your own (or in a group)
7 <b>6:30 PM - MCC</b>  <b>Bike session</b>	8	9 <b>6:30 PM - CLW</b> Run/Walk - Outside <b>7:15 PM - Strength</b> Training inside followed by Stretching	10	11 <b>7 AM - MCC</b>  <b>Swimming</b>	12  You should bike on your one of these days	13  own (or in a group) on
14 <b>6:30 PM - CLW</b> Run/Walk - Outside <b>7:15 PM - Strength</b> Training inside followed by Stretching	15	16 <b>6:30 PM - MCC</b>  <b>Bike Session</b>	17 <b>7 PM - CLW</b>  <b>Free Lecture - Intro to Triathlon and Training Principles</b> (Strength Train on own if possible)	18 <b>7 AM - MCC</b>  <b>Swimming</b>	19 <b>10 AM - MCC</b>  <b>Free TRIATHLON CLINIC</b>	20  Your choice of activity, (includes rest) or ask coach for a recommendation <b>Have FUN!!!</b>
21 <b>6:30 PM - CLW</b> Run/Walk - Outside <b>7:15 PM - Strength</b> Training inside followed by Stretching	22	23 <b>6:30 PM - MCC</b>  <b>Bike Session</b>	24	25 <b>7 AM - MCC</b>  <b>Swimming</b>	26  You should bike on your one of these days	27  own (or in a group) on
28 <b>6:30 PM - CLW</b> Run/Walk - Outside <b>7:15 PM - Strength Training</b> inside followed by Stretching	29	30 <b>6:30 PM - MCC</b>  <b>First "Brick" Session (Bike followed by run)</b>				

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# JULY

Mon	Tues	Wed	Thurs	Fr	Sat	Sun
			1 <b>7 PM - CLW</b>  <b>Free Lecture Swimming</b> (Strength Train on own during day if possible)	2 <b>7 AM - MCC</b>  <b>Swim followed by short bike session</b>	3  Your choice of activity coach for a	4  (includes rest), or ask recommendation
5  <b>6:30 PM - CLW</b> Run/Walk - Outside <b>7:15 PM - Strength</b> Training inside followed by Stretching	6	7 <b>***Time Change</b>  <b>7 PM - CLW</b> Indoor "brick" session (bike/run or walk) No bike needed	8	9 <b>7 AM - MCC</b>  <b>Swimming</b>	10  You should bike on your one of these days	11  own (or in a group) on
12  <b>6:30 PM - CLW</b> Run/Walk - Outside <b>7:15 PM - Strength</b> Training inside followed by Stretching	13	14 <b>6:30 PM - MCC</b>  <b>"Brick" Session (Bike followed by run)</b>	15 <b>7 PM - CLW</b>  <b>Free Lecture Biking and Running</b> (Strength Train on own during day if possible)	16 <b>7 AM - MCC</b>  <b>Swim followed by short bike session</b>	17  Your choice of activity coach for a	18  (includes rest), or ask recommendation
19  <b>6:30 PM - CLW</b> Run/Walk - Outside <b>7:15 PM - Strength</b> Training inside followed by Stretching	20	21 <b>6:30 PM - MCC</b>  <b>Bike Session</b>	22	23 <b>7 AM - MCC</b>  <b>"Mock" Triathlon (Swim/Bike/Run or Walk)</b>	24  Easy activity if any. rest/recovery	25  This is a good time for
26  <b>6:30 PM - CLW</b> Run/Walk - Outside <b>7:15 PM - Strength</b> Training will be light if any.	27	28 <b>***Time Change</b>  <b>7 AM - MCC</b>  <b>Swim followed by short bike</b>	29 <b>7 PM - CLW</b>  <b>Free Lecture Race Day</b> - putting it all together (No Strength Training)	30 <b>7 AM - MCC</b>  <b>Optional Swim, may want to rest instead</b>	31 <b>1 PM - 5 PM - MCC</b>  <b>RACE REGISTRATION and PACKET PICK UP</b> Race Preparation (to be explained)	<b>August 1</b> <b>CONGRATULATIONS!!!</b> <b>RACE DAY - YOU ARE READY!!!</b> <b>6:30 AM - MCC</b> <b>WARM - UP and SET UP</b> <b>7:30 AM - RACE START</b>

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