

WALKERS FALL 2008

July 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 EDEN PARK 5:30/6:15 pm	3	4 REST	5 8 Mile / 4 Mile 7 am at OBV
6 REST	7 60 Min	8 60 Min	9 EDEN PARK 5:30/6:15 pm	10	11 REST	12 10 Mile / 5 Mile 7 am at OBV
13 REST	14 60 Min	15 60 Min	16 EDEN PARK 5:30/6:15 pm	17 INTERVAL TRAINING	18 REST	19 12 Mile / 6 Mile 7 am at OBV
20 REST	21 60 Min	22 60 Min	23 EDEN PARK 5:30/6:15 pm	24 INTERVAL TRAINING	25 REST	26 14 Mile / 7 Mile 7 am at OBV
27 REST	28 60 Min	29 60 Min	30 EDEN PARK 5:30/6:15 pm	31 INTERVAL TRAINING		

Tom 368.1114
 Karen 227.3523
 Joe 465.1237
 Diane 207.6180

Phyllis 702.4738
 Marie 256.8802
 Pete 218.3247
 Brenda 465.1272

Anne 235.5727
 Sandy 675.6329
 Steven 404.4676
 Rich 484.4952