



<u>Week</u>	<u>Week of</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
1	10-May	30 minutes Run/Walk	30 minutes Cross-Train	30 minutes Run/Walk	Rest	30 minutes Cross-Train	3 miles Easy	Rest
2	17-May	30 minutes Run/Walk	30 minutes Cross-Train	30 minutes Run/Walk	Rest	30 minutes Cross-Train	4 miles Easy	Rest
3	24-May	30 minutes Run/Walk	30 minutes Cross-Train	30 minutes Run/Walk	Rest	30 minutes Cross-Train	4 miles Easy	Rest
4	31-May	30 minutes Run/Walk	30 minutes Cross-Train	30 minutes Run/Walk	Rest	30 minutes Cross-Train	5 miles Easy	Rest
5	7-Jun	30 minutes Run/Walk	30 minutes Cross-Train	30 minutes Run/Walk	Rest	30 minutes Cross-Train	6 miles Easy	Rest
6	14-Jun	35 minutes Run/Walk	30 minutes Cross-Train	35 minutes Run/Walk	Rest	30 minutes Cross-Train	6 miles Easy	Rest
7	21-Jun	35 minutes Run/Walk	30 minutes Cross-Train	35 minutes Run/Walk	Rest	30 minutes Cross-Train	7 miles Easy	Rest
8	28-Jun	35 minutes Run/Walk	30 minutes Cross-Train	35 minutes Run/Walk	Rest	30 minutes Cross-Train	8 miles Easy	Rest
9	5-Jul	40 minutes Run/Walk	30 minutes Cross-Train	40 minutes Run/Walk	Rest	30 minutes Cross-Train	8 miles Easy	Rest
10	12-Jul	40 minutes Run/Walk	30 minutes Cross-Train	40 minutes Run/Walk	Rest	30 minutes Cross-Train	9 miles Easy	Rest
11	19-Jul	40 minutes Run/Walk	30 minutes Cross-Train	40 minutes Run/Walk	Rest	30 minutes Cross-Train	10 miles Easy	Rest
12	26-Jul	45 minutes Run/Walk	30 minutes Cross-Train	45 minutes Run/Walk	Rest	30 minutes Cross-Train	10 miles Easy	Rest
13	2-Aug	45 minutes Run/Walk	30 minutes Cross-Train	45 minutes Run/Walk	Rest	30 minutes Cross-Train	11 miles Easy	Rest
14	9-Aug	45 minutes Run/Walk	30 minutes Cross-Train	45 minutes Run/Walk	Rest	30 minutes Cross-Train	12 miles Easy	Rest


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