

NETI-NETI
SPORT, YOGA, WELLNESS

**Canalway Classic Spring Peeper
BEGINNER PLAN**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
Rest	Walk or Bike + Strength Train	Neti-Neti Yoga 5:45pm	3 Easy	Rest	RUN PARKRUN Stay for Speaker Series	Rest
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
Rest	Walk or Bike + Strength Train	Neti-Neti Yoga 5:45pm	3 Easy	Rest	RUN PARKRUN	3 Easy
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb
Rest	Walk or Bike + Strength Train	Neti-Neti Yoga 5:45pm	3 Easy	Rest	RUN PARKRUN Stay for Speaker Series	4 Easy
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
Rest	Walk or Bike + Strength Train	Neti-Neti Yoga 5:45pm	4 Easy	Rest	RUN PARKRUN	4 Easy
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
Rest	Walk or Bike + Strength Train	Neti-Neti Yoga 5:45pm	4 Easy	Rest	RUN PARKRUN Stay for Speaker Series	5 Easy
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
Rest	Walk or Bike + Strength Train	Neti-Neti Yoga 5:45pm	4 Easy	Rest	RUN PARKRUN	4 Easy
26-Feb	27-Feb	28-Feb	29-Feb	1-Mar	2-Mar	3-Mar
Rest	1/2 Mile Warmup 4x400 (400 Recovery) 1/2 Mile Cooldown	Neti-Neti Yoga 5:45pm	3 Easy	Rest	RUN PARKRUN Stay for Speaker Series	4 Easy
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
Rest	1/2 Mile Warmup 4x600 (400 Recovery) 1/2 Mile Cooldown	Neti-Neti Yoga 5:45pm	4 Easy	Rest	RUN PARKRUN	4 Easy
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Rest	1/2 Mile Warmup 4x800 (400 Recovery) 1/2 Mile Cooldown	Neti-Neti Yoga 5:45pm	4 Easy	Rest	RUN PARKRUN Stay for Speaker Series	5 Easy
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Rest	1/2 Mile Warmup 4x1000 (400 Recovery) 1/2 Mile Cooldown	Neti-Neti Yoga 5:45pm	5 Easy	Rest	RUN PARKRUN	5 Easy
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
Rest	4 Easy	Neti-Neti Yoga 5:45pm	3 Easy	Rest	2024 Canalway Classic Spring Peeper Race!	Recover!

* For Interval/Tempo/Easy Paces, or anything else, please email sam@netinewellness.com