

NETI-NETI
SPORT, YOGA, WELLNESS

**Canalway Classic Spring Peeper
ADVANCED PLAN**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
Rest	4 Easy	Neti-Neti Yoga 5:45pm	4 Easy	Rest	EASY PARKRUN Stay for Speaker Series	4 Easy
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
Rest	4 Easy	Neti-Neti Yoga 5:45pm	4 Easy	Rest	1/2 Mile Warmup RACE PARKRUN 1/2 Mile Cooldown	4.5 Easy
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb
Rest	1/2 Mile Warmup 6x400 (400 Recovery) 1/2 Mile Cooldown	Neti-Neti Yoga 5:45pm	4.5 Easy	Rest	3/4 Mile Warmup RACE PARKRUN 3/4 Mile Cooldown Stay for Speaker Series	5 Easy
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
Rest	3/4 Mile Warmup 5x600 (400 Recovery) 3/4 Mile Cooldown	Neti-Neti Yoga 5:45pm	5 Easy	Rest	1 Mile Warmup RACE PARKRUN 1 Mile Cooldown	5.5 Easy
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
Rest	1 Mile Warmup 6x800 (400 Recovery) 1 Mile Cooldown	Neti-Neti Yoga 5:45pm	4 Easy	Rest	1 Mile Warmup RACE PARKRUN 1 Mile Cooldown Stay for Speaker Series	6.5 Easy
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
Rest	4 Easy	Neti-Neti Yoga 5:45pm	4 Easy	Rest	1 Mile Warmup EASY PARKRUN 1 Mile Cooldown	5 Easy
26-Feb	27-Feb	28-Feb	29-Feb	1-Mar	2-Mar	3-Mar
Rest	1 Mile Warmup 8x400 (400 Recovery) 1 Mile Cooldown	Neti-Neti Yoga 5:45pm	5 Easy	Rest	1 Mile Warmup RACE PARKRUN 1 Mile Cooldown Stay for Speaker Series	6 Easy
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
Rest	1 Mile Warmup 7x600 (400 Recovery) 1 Mile Cooldown	Neti-Neti Yoga 5:45pm	5.5 Easy	Rest	1 Mile Warmup RACE PARKRUN 1 Mile Cooldown	7 Easy
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Rest	1 Mile Warmup 7x800 (400 Recovery) 1 Mile Cooldown	Neti-Neti Yoga 5:45pm	5.5 Easy	Rest	1 Mile Warmup RACE PARKRUN 1 Mile Cooldown Stay for Speaker Series	8 Easy
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Rest	1 Mile Warmup 7x1000 (400 Recovery) 1 Mile Cooldown	Neti-Neti Yoga 5:45pm	6 Easy	Rest	1 Mile Warmup EASY PARKRUN 1 Mile Cooldown	Rest
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
Rest	6 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