



Date	Workout	Route/Description
8/2/2018	3 or 5-mile run out/back	https://connect.garmin.com/modern/course/18743554
8/9/2018	hill repeat workout	Main Ave. repeats (down to flats – between W. 9th-10th)
8/16/2018	3.5 mile city run	out & back to Quicken Loans Arena
8/23/2018	2.75 mile run + sprints	meeting at Merwin's Warf
8/30/2018	strength circuit workout	upper, lower, core