



Date	Workout	Route/Description
5/31/2018	strength circuit workout	Upper, lower, core
6/7/2018	3-mile run out/back	https://connect.garmin.com/modern/course/18742317
6/14/2018	speed workout	400m repeats
6/21/2018	hill interval workout	Browns stadium
6/28/2018	3-mile city run	https://connect.garmin.com/modern/course/18742396
7/5/2018	strength circuit workout	Upper, lower, core
7/12/2018	4-mile city run	https://connect.garmin.com/modern/course/18742519
7/19/2018	speed interval workout	100m/200m intervals
7/26/2018	team game workout	"Roll the dice"
8/2/2018	5-mile run out/back	https://connect.garmin.com/modern/course/18743554