


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------|---------------------------|------------------------------|---------------------------|----------------------------------------------------|------------|---------------------------|
| March 8 *Kick off Run/Brunch 25 Min Run | 9 Rest or Cross Train | 10 25 min Run (easy pace) | 11 Rest or Cross Train | 12 Lululemon WEM Kickoff 30 min run + stairs | 13 Rest | 14 Rest or Cross Train |
| 15 35 min Run Leading Edge Recovery Zone | 16 Rest or Cross Train | 17 30 min Run (easy pace) | 18 Rest or Cross Train | 19 Run + strength (Stairs) | 20 Rest | 21 Rest or Cross Train |
| 22 Run + strength (Hills) | 23 Rest or Cross Train | 24 35 min Run (easy pace) | 25 Rest or Cross Train | 26 40 min Run | 27 Rest | 28 Rest or Cross Train |
| 29 45 min Run Leading Edge Recovery Zone | 30 Rest or Cross Train | 31 40 min Run (easy pace) | 1 Rest or Cross Train | April 2 Run + strength (hills) | 3 Rest | 4 Rest or Cross Train |

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|-----------------------------------------------------------------------------------------------------------------------------|---------------------------|------------------------------|---------------------------|---------------------------------|------------|---------------------------|
| 5 Run + strength (Hills) | 6 Rest or Cross Train | 7 45 min Run (easy pace) | 8 Rest or Cross Train | 9 50 min run | 10 Rest | 11 Rest or Cross Train |
| 12 55 Min Run Leading Edge Recovery Zone | 13 Rest or Cross Train | 14 50 min Run (Easy Pace) | 15 Rest or Cross Train | 16 Run + Strengths + stairs) | 17 Rest | 18 Rest or Cross Train |
| 19 Run + Strength (Hills) Leading Edge Recovery Zone | 20 Rest or Cross Train | 21 55 min Run (Easy Pace) | 22 Rest or Cross Train | 23 60 Min Run | 24 Rest | 25 Rest or Cross Train |
| 26 65 Min Run | 27 Rest or Cross Train | 28 Rest or Cross Train | 29 Rest or Cross Train | 30 25 min Shake out Run | 1 Rest | 2 Rest or Cross Train |
| May 3  RunWild Race Day! | | | | | | |

- **Sunday** runs meet at 9:00am @ **Leading Edge Physiotherapy** in Windermere 5540 Windermere Blvd #221 Edmonton, AB T6W 0S4
- **Thursday** runs meet at 6:30 @ **Lululemon West Edmonton Mall**
- * Kick off Run & Brunch – March 8, 2020 meet at Brown’s Socialhouse Windermere @ 9:30 & post run Brunch
- Register for RunWild at www.runwild.ca