



2017 Jump Start Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 May	29	30 6PM 1 Mile walk/run Ultimate Fit	31 Cross training 30 minutes	1 6PM 1.25 mile walk/run	2 Rest	3 7AM 1.50 mile run/walk
4 *Optional Activity	5 Cross training 30 minutes	6 6PM 1.5 mile walk/run	7 Cross Training 30 minutes	8 6PM 1.75 mile	9 Rest	10 7AM 1.75 mile walk/run
11 *Optional Activity	12 Cross training 30 minutes	13 6PM 2 mile walk/run	14 Cross Training 30 minutes	15 6PM 1.75 mile walk/run Ultimate Fit	16 Rest	17 7AM 2 mile walk/run
18 *Optional Activity	19 Cross training 40 minutes	20 6PM 2.25 mile walk/run	21 Cross Training 30 minutes	22 6PM 2 mile walk/run	23 Rest	24 7AM 2.25 mile walk/run
25 *Optional Activity	26 Cross training 45 minutes	27 6PM 2.5 mile walk/run	28 Cross training 30 minutes	29 6PM 2.5 mile walk/run	30 Rest	1 7AM 2.75 mile walk/run
2 *Optional Activity	3 Cross Training 45 minutes	4 6PM 2.75 mile Walk/run	5 Cross Training 30 minutes	6 6PM 2.75 mile Walk/run	7 Rest	8 7AM 3 mile walk/run TEAM 13 Open House
9 *Optional Activity	10 Cross Training 45 minutes	11 6PM 3 mile Walk/run	12 Cross Training 30 minutes	13 2.75 mile walk/run	14 Rest	15 7AM 3 mile walk/run

The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.

