


MONDAY Zoom Strength Combo @ Home/Remote	TUESDAY Intervals @ Lilydale Lake PLUS: TRC Run Club	WEDNESDAY Speed @ Croydon Track PLUS: Gen Run Junior Training	THURSDAY Community Club @ Croydon Track	FRIDAY Hills @ Lilydale Lake & Mt Evelyn PLUS: Zoom Strength	SATURDAY Parkrun	SUNDAY Long Run/Race Social Sundays! PLUS: Zoom Strength
<p>Please support our Winter Charity Partners: Pawsome Friends Animal Shelter</p> 	1ST LOCKDOWN 4.0 6PM FREE ZOOM STRENGTH SESSION FROM HOME	2ND LOCKDOWN 4.0 6PM FREE ZOOM STRENGTH SESSION FROM HOME	3RD LOCKDOWN 4.0 6PM FREE ZOOM STRENGTH SESSION FROM HOME	4TH 6:15AM: Hills @ Mt Evelyn ----- 6:30PM: Zoom Online Strength @ Home/Remote	5TH PARKRUN	6TH SUNDAY FUNDAY! 5:00PM: Zoom Online Strength @ Home/Remote *TRAIL RUNNING SERIES RACE 1 YARRA BEND PARK *TRARALGON MARATHON
7TH 6:30PM: Zoom Online Strength Class – Core/Cardio Combo @ Home/Remote	8TH 7:00AM: TRC Run Club FREE & Social ----- 6:30PM: Squad Training @ Lilydale Lake	9TH 6:15AM: Speed Session @ Croydon Athletics Track ----- 4:30PM: GEN RUN JUNIORS @ CROYDON ATHLETICS TRACK	10TH 6:30PM: Gen Run Community Club BEEP TEST! *Supporting charities	11TH 6:15AM: Hills @ Lilydale Lake	12TH PARKRUN	13TH RELIEF RUN! LOCAL & GLOBAL EVENT! 5:00PM: Zoom Online Strength @ Home/Remote *RUN FORREST TRAIL RUN
14TH QUEEN'S BIRTHDAY GEN RUN SPECIAL EVENT TBA!	15TH 7:00AM: TRC Run Club FREE & Social ----- 6:30PM: Squad Training @ Lilydale Lake	16TH 6:15AM: Speed Session @ Croydon Athletics Track ----- 4:30PM: GEN RUN JUNIORS @ CROYDON ATHLETICS TRACK	17TH 6:30PM: Gen Run Community Club FREE & FULLY COACHED *Supporting charities	18TH 6:15AM: Hills @ Mt Evelyn ----- 6:30PM: Zoom Online Strength @ Home/Remote	19th PARKRUN	20TH SUNDAY FUNDAY! 5:00PM: Zoom Online Strength @ Home/Remote *SRI CHINMOY ALBERT PARK HAL MARATHON
21ST 6:30PM: Zoom Online Strength Class – Core/Cardio Combo @ Home/Remote	22ND 7:00AM: TRC Run Club FREE & Social ----- 6:30PM: Squad Training @ Lilydale Lake	23RD 6:15AM: Speed Session @ Croydon Athletics Track ----- 4:30PM: GEN RUN JUNIORS @ CROYDON ATHLETICS TRACK (LAST SESSION - END OF TERM 2)	24th 6:30PM: Gen Run Community Club FREE & FULLY COACHED *Supporting charities	25TH 6:15AM: Hills @ Lilydale Lake	26TH PARKRUN * SURF COAST TRAIL MARATHON	27TH SUNDAY FUNDAY! 5:00PM: Zoom Online Strength @ Home/Remote
28TH 6:30PM: Zoom Online Strength Class – Core/Cardio Combo @ Home/Remote	29TH 7:00AM: TRC Run Club FREE & Social ----- 6:30PM: Squad Training @ Lilydale Lake	30TH 6:15AM: Speed Session @ Croydon Athletics Track ----- 9:30AM-11AM: GEN RUN JUNIOR HOLIDAY PROGRAM @ LILYDALE LAKE	Generation Run are Proudly supported by: The Running Company Lilydale We are ALWAYS excited to meet NEW runners! For further information, please contact: Coach Bec: 0414-272-330 or Email to: stayingpower@live.com			

