

| MONDAY                            | TUESDAY  | WEDNESDAY   | THURSDAY                       | FRIDAY  | SATURDAY | SUNDAY   |
|-----------------------------------|--|---|--------------------------------|---|----------|--|
| Zoom Strength Combo @ Home/Remote | Intervals @ Lilydale Lake<br><b>PLUS: TRC Run Club</b> | Speed @ Croydon Track<br><b>PLUS: Gen Run Junior Training</b> | Community Club @ Croydon Track | Hills @ Lilydale Lake & Mt Evelyn<br><b>PLUS: Zoom Strength</b> | Parkrun  | Long Run/Race<br>Social Sundays!<br><b>PLUS: Zoom Strength</b> |

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**

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|---|--|---|--|--|--|---|--|
| <p><b>1<sup>st</sup></b><br/>6:30PM: Gen Run Community Club @ Croydon<br/><b>Free for All</b><br/>*Supporting charities</p> |  | <p><b>2<sup>nd</sup></b><br/>6:15AM: Hills @ Mt Evelyn<br/>-----<br/>6:30PM: Zoom Online Strength @ Home/Remote</p>   |  | <p><b>3<sup>rd</sup></b><br/><b>PARKRUN</b></p>  |  | <p><b>4<sup>th</sup></b><br/><b>SUNDAY FUNDAY!</b><br/>5:00PM: Zoom Online Strength @ Home/Remote<br/>*Gold Coast Marathon</p>  |  |
| <p><b>5<sup>th</sup></b><br/>6:30PM: Zoom Online Strength Class – Core/Cardio Combo @ Home/Remote</p>                       | <p><b>6<sup>th</sup></b><br/>7:00AM: TRC Run Club <b>FREE &amp; Social</b><br/>-----<br/>6:30PM: Squad Training @ Lilydale Lake</p>  | <p><b>7<sup>th</sup></b><br/>6:15AM: Speed Session @ Croydon Athletics Track<br/>-----<br/><b>9:30AM-11AM: GEN RUN JUNIOR HOLIDAY PROGRAM @ LILYDALE LAKE</b></p> | <p><b>8<sup>th</sup></b><br/>6:30PM: Gen Run Community Club @ Croydon<br/><b>Free for All</b><br/>*Supporting charities</p>  | <p><b>9<sup>th</sup></b><br/>6:15AM: Hills @ Lilydale Lake</p>   | <p><b>10<sup>th</sup></b><br/><b>PARKRUN</b></p>                                       | <p><b>11<sup>th</sup></b><br/>5:00PM: Zoom Online Strength @ Home/Remote<br/>*Sri Chinmoy Princes Park Winter Running Festival<br/>**The Trail Running Series Race #2, Smiths Gully</p> |  |
| <p><b>12<sup>th</sup></b><br/>6:30PM: Zoom Online Strength Class – Core/Cardio Combo @ Home/Remote</p>                      | <p><b>13<sup>th</sup></b><br/>7:00AM: TRC Run Club <b>FREE &amp; Social</b><br/>-----<br/>6:30PM: Squad Training @ Lilydale Lake</p> | <p><b>14<sup>th</sup></b><br/>6:15AM: Speed Session @ Croydon Athletics Track<br/>-----<br/>4:30PM: GEN RUN JUNIORS @ CROYDON ATHLETICS TRACK</p>                 | <p><b>15<sup>th</sup></b><br/>6:30PM: Gen Run Community Club @ Croydon<br/><b>6<sup>th</sup> BIRTHDAY CELEBRATIONS</b></p>   | <p><b>16<sup>th</sup></b><br/>6:15AM: Hills @ Mt Evelyn<br/>-----<br/>6:30PM: Zoom Online Strength @ Home/Remote</p> | <p><b>17<sup>th</sup></b><br/><b>PARKRUN</b><br/>*You Yangs Trail Running Festival</p> | <p><b>18<sup>th</sup></b><br/><b>SUNDAY FUNDAY!</b><br/>5:00PM: Zoom Online Strength @ Home/Remote<br/>*Run Forrest Trail Run</p>   |  |
| <p><b>19<sup>th</sup></b><br/>6:30PM: Zoom Online Strength Class – Core/Cardio Combo @ Home/Remote</p>                      | <p><b>20<sup>th</sup></b><br/>7:00AM: TRC Run Club <b>FREE &amp; Social</b><br/>-----<br/>6:30PM: Squad Training @ Lilydale Lake</p> | <p><b>21<sup>st</sup></b><br/>6:15AM: Speed Session @ Croydon Athletics Track<br/>-----<br/>4:30PM: GEN RUN JUNIORS @ CROYDON ATHLETICS TRACK</p>                 | <p><b>22<sup>nd</sup></b><br/>6:30PM: Gen Run Community Club @ Croydon<br/><b>Free for All</b><br/>*Supporting charities</p> | <p><b>23<sup>rd</sup></b><br/>6:15AM: Hills @ Lilydale Lake</p>  | <p><b>24<sup>th</sup></b><br/><b>PARKRUN</b></p>                                       | <p><b>25<sup>th</sup></b><br/><b>SUNDAY FUNDAY!</b><br/>5:00PM: Zoom Online Strength @ Home/Remote<br/>*Run Melbourne</p>   |  |
| <p><b>26<sup>th</sup></b><br/>6:30PM: Zoom Online Strength Class – Core/Cardio Combo @ Home/Remote</p>                      | <p><b>27<sup>th</sup></b><br/>7:00AM: TRC Run Club <b>FREE &amp; Social</b><br/>-----<br/>6:30PM: Squad Training @ Lilydale Lake</p> | <p><b>28<sup>th</sup></b><br/>6:15AM: Speed Session @ Croydon Athletics Track<br/>-----<br/>4:30PM: GEN RUN JUNIORS @ CROYDON ATHLETICS TRACK</p>                 | <p><b>29<sup>th</sup></b><br/>6:30PM: Gen Run Community Club @ Croydon<br/><b>Free for All</b><br/>*Supporting charities</p> | <p><b>30<sup>th</sup></b><br/>6:15AM: Hills @ Mt Evelyn<br/>-----<br/>6:30PM: Zoom Online Strength @ Home/Remote</p> | <p><b>31<sup>st</sup></b><br/><b>PARKRUN</b></p>                                       | <p>Please support our Winter Charity Partners:<br/>Pawsome Friends Animal Shelter</p>   |  |