

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

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

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

