

<b>MONDAY</b> Zoom Strength Combo @ Home/Remote	<b>TUESDAY</b> Intervals @ Lilydale Lake <b>PLUS: TRC Run Club</b>	<b>WEDNESDAY</b> Speed @ Croydon Track <b>PLUS: Gen Run Junior Training</b>	<b>THURSDAY</b> Community Club @ Croydon Track	<b>FRIDAY</b> Hills @ Lilydale Lake & Mt Evelyn <b>PLUS: Zoom Strength</b>	<b>SATURDAY</b> Parkrun	<b>SUNDAY</b> Long Run/Race Social Sundays! <b>PLUS: Zoom Strength</b>	
Please support our <b>Winter Charity Partners:</b> Pawsome Friends Animal Shelter 	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	5 <sup>TH</sup>	6 <sup>TH</sup>	
7 <sup>TH</sup>	8 <sup>TH</sup>	9 <sup>TH</sup>	10 <sup>TH</sup>	11 <sup>TH</sup>	12 <sup>TH</sup>	13 <sup>TH</sup>	
	15 <sup>TH</sup>	16 <sup>TH</sup>	17 <sup>TH</sup>	18 <sup>TH</sup> <b>WE ARE BACK!!!</b> 6:15AM: Hills @ Mt Evelyn ----- 6:30PM: Zoom Online Strength @ Home/Remote	19 <sup>th</sup> <b>NOT  PARKRUN...</b>	20 <sup>TH</sup> <b>SUNDAY FUNDAY!</b> 5:00PM: Zoom Online Strength @ Home/Remote  <i>*TRAIL RUNNING SERIES RACE 1 -  STUDLEY PARK, YARRA BEND</i>	
21 <sup>ST</sup> 6:30PM: Zoom Online Strength Class – Core/Cardio Combo @ Home/Remote	22 <sup>ND</sup> 7:00AM: TRC Run Club <b>FREE &amp; Social</b> ----- 6:30PM: Squad Training @ Lilydale Lake	23 <sup>RD</sup> 6:15AM: Speed Session @ Croydon Athletics Track ----- 4:30PM: GEN RUN JUNIORS @ <b>CROYDON ATHLETICS TRACK</b> (LAST SESSION - END OF TERM 2)	24 <sup>th</sup> 6:30PM: Gen Run Community Club  <b>BEEP TEST!</b> *Supporting charities	25 <sup>TH</sup> 6:15AM: Hills @ Lilydale Lake	26 <sup>TH</sup>  <i>*SURF COAST  TRAIL  MARATHON</i>	27 <sup>TH</sup> <b>SUNDAY FUNDAY!</b> <i>*Social Run Day*</i> 5:00PM: Zoom Online Strength @ Home/Remote	
28 <sup>TH</sup> 6:30PM: Zoom Online Strength Class – Core/Cardio Combo @ Home/Remote	29 <sup>TH</sup> 7:00AM: TRC Run Club <b>FREE &amp; Social</b> ----- 6:30PM: Squad Training @ Lilydale Lake	30 <sup>TH</sup> 6:15AM: Speed Session @ Croydon Athletics Track ----- 9:30AM-11AM: GEN RUN JUNIOR HOLIDAY PROGRAM @ LILYDALE LAKE	<b>Generation Run are Proudly supported by:</b> The Running Company Lilydale  We are ALWAYS excited to meet NEW runners! For further information, please contact: <b>Coach Bec: 0414-272-330 or Email to: <a href="mailto:stayingpower@live.com">stayingpower@live.com</a></b>				