



Rockin' Rollers



AUGUST 2020

WHEELCHAIR PROGRAM

| SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------------|------------------------------|-------------------------|------------|-------------------------|------------|-------------------------|
| 9 Roll 30-60min | 10 Roll 30 min | 11 Roll 0.5 miles | 12 REST | 13 Roll 0.5 miles | 14 REST | 15 Roll 1 mile |
| 16 Roll 35-60min | 17 Roll 30 min or REST | 18 Roll 1 mile | 19 REST | 20 Roll 1 mile | 21 REST | 22 Roll 1.5 miles |
| 23 Roll 40-60min | 24 Roll 30 min or REST | 25 Roll 1.5 miles | 26 REST | 27 Roll 1.5 miles | 28 REST | 29 Roll 2 miles |
| 30 Roll 45-60min | 31 Roll 30 min or REST | | | | | |




Rockin' Rollers



SEPTEMBER 2020

WHEELCHAIR PROGRAM

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------|---------------------------|---------------------|------------|---------------------|------------|--|
| | | 1 Roll 2.5 miles | 2 REST | 3 Roll 2.5 miles | 4 REST | 5 Roll 3.0 miles |
| 6 Roll 50-60min | 7 Roll 30 min or REST | 8 Roll 3 miles | 9 REST | 10 Roll 3 miles | 11 REST | 12 Roll 3.5 miles |
| 13 Roll 55-60min | 14 Roll 30 min or REST | 15 Roll 3 miles | 16 REST | 17 Roll 3 miles | 18 REST | 19 Race Day!  |