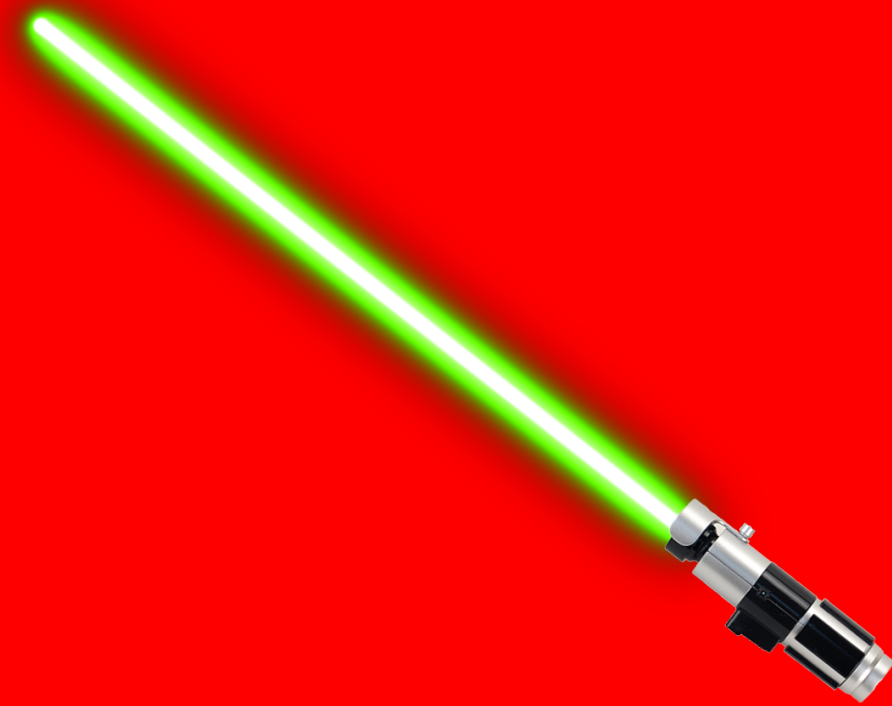


Special Olympics
Colorado



Luke Skywalkers



AUGUST 2020

WALKER PROGRAM

SUN	MON	TUE	WED	THU	FRI	SAT
9 Walk 15 minutes	10 Walk 15 minutes	11 REST	12 Walk 15 minutes	13 REST	14 Walk 15 minutes	15 REST
16 Walk 25 minutes	17 Walk 25 minutes	18 REST	19 Walk 25 minutes	20 REST	21 Walk 25 minutes	22 REST
23 Walk 30 minutes	24 Walk 30 minutes	25 REST	26 Walk 30 minutes	27 REST	28 Walk 30 minutes	29 REST
30 Walk 35 minutes	31 Walk 35 minutes					

#LUKESKYWALKERS5K

Special Olympics
Colorado



Luke Skywalkers



SEPTEMBER 2020

WALKER PROGRAM

SUN	MON	TUE	WED	THU	FRI	SAT
		1 REST	2 Walk 35 minutes	3 REST	4 Walk 35 minutes	5 REST
6	7 Walk 45 minutes	8 REST	9 Walk 45 minutes	10 REST	11 Walk 45 minutes	12 REST
13 Walk 30 minutes	14 Walk 30 minutes	15 REST	16 Walk 30 minutes	17 REST	18 Walk 20 minutes	19 RACE DAY! 

#LUKESKYWALKERS5K