



## August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
						6h30 Club Run 15/10km 8h00 Parkrun
4	5	6	7	8	9	10
12h30 Taekwondo Grading to Yellow Tip	17:30 Cardio Trg 18:15 Taekwondo Training	Rib Injury	Rin Injury	Sick	Sick	Sick
11	12	13	14	15	16	17
Sick	Sick	Sick	Sick	Sick	Sick	Sick
18	19	20	21	22	23	24
Sick	Sick	Sick	Sick	Sick	Sick	Sick
25	26	27	28	29	30	31
Sick	Sick	Sick	Sick	Sick	Sick	Sick
1 Sep	2	3	4	5	6	7
6h00 Vaal River City Marathon 42/21/10/5	17:30 Cardio Trg 18:15 Taekwondo Training	18h00 Koppies	18h00 8/4km Time Trial	18:15 Taekwondo Training	Rest	6h00 21/10km  8h00 Park Run