



2016 AO Brand Ambassador July Challenge – Cool Calendar

Madison Wilson-Walker

Day of the Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Small circuit with resistance band	Breakfast and last minute packing for nationals	Arrive at airport @6am for flight to Edmonton	Rest day (getting competition gear ready)	Compete in 100m @ 11:50am	Head to track and start to warmup	Watch friend in women's shotput @ 10:30
Afternoon	Packed for nationals	Lunch	Arrival in Edmonton at 12 noon	Run through of competition warmup	Re-run @2pm	Compete in 400m @ 12 noon (3 second PB)	Rest day back at the hotel & getting ready to compete next day
Evening	Sleepover with track friends	Last practice before nationals 6-8pm	Shopping at West Edmonton Mall	Team dinner at the Old Spaghetti Factory	Dinner and back to hotel to rest	Compete in long jump @ 5pm (jump of 4.32)	Out to dinner