



2016 AO Brand Ambassador July Challenge – Cool Calendar

Jessica Shaw – Newmarket Huskies

Day of the Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Long run Sunday with friends or fellow Newmarket Huskies! (Usually 1 hour 30 minutes)	Wake up before work and head off to the pool, for a pool workout!	Wake up before work and head off to the pool, for a recovery day tempo based swim!	Squeeze in a double (run – usually 20 minutes) with the jog stroller before heading off to work!	Head to the pool for an interval workout in the pool!	Head to the pool and do some easy laps for my “off day”, or do an easy 30 minute run!	HUSKIES WORKOUT! Awesome way to start my weekend, get in a good track workout followed by coffee with teammates!
Afternoon	Go out on a family outing! Whether it's the beach or just hanging out outside.	Head to work for a half day teaching summer school!	Head to work for a half day teaching summer school!	Head to work for a half day teaching summer school!	Thursdays I usually have off! I take my little guy to the zoo, water park etc. Some sort of run outing!	Head to work for a half day teaching summer school!	Enjoy time with the fam post workout! We usually spend the day playing outside in the pool!
Evening	We usually have big Sunday night dinners with our family. Then wind down with our little guy and read some books!	Head out for my second workout of the day! An off day run (1 hour with my little guy who loves the jog stroller!)	Enjoy my night off running and go for a walk with my little guy and play at the park or in the pool!	HUSKIES WORKOUT! We have a great team and amazing coaches! I always have a blast at workouts!	Get in my second workout of the day! Off day 60 min run in the trails!	FAM NIGHT! We usually go for walks to the park or just hangout in the backyard and have a bbq!	Unwind with friends! I love hanging out by a bonfire with teammates