

# NOVEMBER 2018

Thursday	Friday	Saturday	Sunday
<p>1</p> <p><b>Stair Climb (70 BPM)</b></p> <p>40 Flights (20 flights x2)</p> <p><b>Pro Tip:</b> Drink 96oz of water</p>	<p>2</p> <p><b>Stretch 30 minutes</b></p> <p><b>Pro Tip:</b> Drink 64oz of water</p>	<p>3</p> <p><b>Stretch 30 minutes</b></p> <p><b>Pro Tip:</b> Drink 64oz of water</p>	<p>4</p> <p><b>RACE DAY</b></p> <p>climb105 flights!</p>