

Quad-City Times Bix 7 Beginner

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Rest/cross train Strengthening	27 1 min running/1 min walking for 20 minutes	28 Rest	29 Rest/cross train Strengthening	30 1 min running/1 min walking for 20 minutes	1 30 min walk/cross train	2 1 min running/1 min walking for 30 minutes
3 Rest/cross train Strengthening	4 2 min running/2 min walking for 20 minutes	5 Rest	6 Rest/cross train Strengthening	7 2 min running/2 min walking for 20 minutes	8 35 min walk/cross train	9 2 min running/2 min walking for 36 minutes
10 Rest/cross train Strengthening	11 3 min running/2 min walking for 20 minutes	12 Rest	13 Rest/cross train Strengthening	14 3 min running/2 min walking for 25 minutes	15 40 min walk/cross train	16 3 min running/2 min walking for 35 minutes
17 Rest/cross train Strengthening	18 5 min running/3 min walking for 24 minutes	19 Rest	20 Rest/cross train Strengthening	21 5 min running/3 min walking for 24 minutes	22 45 min walk/cross train	23 5 min running/3 min walking for 40 minutes
24 Rest/cross train Strengthening	25 8 min running/5 min walking for 26 minutes	26 Rest	27 Rest/cross train Strengthening	28 10 min running/5 min walking for 30 minutes	29 50 min walk/cross train	30 3 miles
31						

Rest/cross train Strengthening						
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Quad-City Times Bix 7 Beginner **June** 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 2.5 miles	2 Rest	3 Rest/cross train Strengthening	4 2.5 miles	5 60 min walk/cross train	6 3 miles
7 Rest/cross train Strengthening	8 2.5 miles	9 Rest	10 Rest/cross train Strengthening	11 2 miles	12 60 min walk/cross train	13 4 miles
14 Rest/cross train Strengthening	15 2.5 miles	16 Rest	17 Rest/cross train Strengthening	18 2.5 miles	19 60 min walk/cross train	20 4 miles
21 Rest/cross train Strengthening	22 2.5 miles	23 Rest	24 Rest/cross train Strengthening	25 2.5 miles	26 60 min walk/cross train	27 5 miles
28	29	30				

Rest/cross train Strengthening	3 miles	Rest				
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Quad-City Times Bix 7 Beginner July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rest/cross train Strengthening	2 3 miles	3 60 min walk/cross train	4 5 miles
5 Rest/cross train Strengthening	6 3 miles	7 Rest	8 Rest/cross train Strengthening	9 3 miles	10 60 min walk/cross train	11 6 miles
12 Rest/cross train Strengthening	13 4 miles	14 Rest	15 Rest/cross train Strengthening	16 3 miles	17 60 min walk/cross train	18 5 miles
19	20	21	22	23	24	25

Rest/cross train Strengthening	3 miles	Rest	Rest/cross train Strengthening	2 miles	Rest	BIX!
26	27	28	29	30	31	