Daily Schedule

Friday

07/29/2021

## Schedule

6AM: Lauds  
7AM: Weights (basement)  
7:45AM: Drive to work, put Trek in back of truck  
8AM: work emails, scheduling  
9AM: physical therapy exercises and walk to bridge  
10AM:  
11:15 AM – drive home  
11:30AM: Lunch (walmart)  
1 PM: Let the food settle. Plan for the afternoon. Take a break from work and plan the weekend.  
1:30 PM:  
3:30 PM Farmers Market - buy steaks  
5-6 PM – Bike ride  
6 PM: Vespers  
6:30 PM – dinner time

9 PM – Compline

## To dos

pack cookies in car  
pack resistance band  
unload Krampus and CC from Truck night before

## Training

|  |
| --- |
| 3 |
| Strongbod |
| 2x 400s 2 min rest |
| NA |

## Skill Development

..

## Personal

..