Hello 2023!

How to Print this Calendar

This calendar needs to be printed on a large format printer, widely available at most local print shops.
1. Find a printer near you:
Find a FedEx Office
Find a PostNet
Find a local printer

2. Copy the calendar PDF file to a USB drive to take to the printer of your choice. (Some printers allow you to email the file!)

3. Tell your printer you need a 24"x36" print of the PDF file.
Cost is minimal - typically $2.50 - $10 per copy depending on printer and paper quality.

Get Started

1. Goal Scale: The goal scale is used once a month throughout the year to track your monthly progress on a macro scale. Look for the scale marks across the top of the calendar.

To create your scale first decide what you want to track on a monthly basis - miles, rides, runs, laps, meters, workouts, it's up to you.
Then set the 100% max value on the right side, 50% max in the middle then add values at 25% and 75%. A good way to determine the max value is to use your current max and multiply by 1.5. For example, if the max miles you've ever run in a month is 150miles then 150x1.5 = 225miles max. This way you'll have a buffer in case you blow through your goals!

2. Known Events: Begin to add known events to the calendar. Things like booked vacations, Aunt Gene's birthday and other committed events.

By doing this you'll be able to choose races and training goals that don't interfere with committed events.

3. Races & Events: We recommend using sticky notes to plan races and events. This way you can move things around as life/circumstances change.

We often use different color stickies to designate different events and priorities.

4. Monthly Goals: Each month has a space to add the goal you want to accomplish be it totals, an event or something else. Make it yours! At the end of the month place a dot within the month that corresponds with the scale at the top.

After a few months, you'll see a graph of your progress.

5. Tracking: Add to your calendar as needed - mark it, hack it, emoji it, make it yours! Some things we add are times when we get sick, travel, life events, training blocks, injuries, workouts, successes and we use stickies for short-term planning.

You do have to get this printed on your own but just think, it's a tool you'll use all year, and at the end of the year you'll have a record of all that you've achieved!!!

Have a Workout Partner?

If you like this we encourage you to share this with your workout friends, groups, anyone that you think could benefit just like you.
Share this link: www.vengaendurance/calendar

All the best in 2023!!