

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Run 30	29 Run 60	30 Track Workout	31 Crosstrain 30	1 Hills 60	2 Crosstrain 30	3 8am - Papa Johns 10
4 Run 30	5 Run 60	6 Track Workout	7 Crosstrain 30	8 Run 45	9 Crosstrain 30	10 Run 1:45
11 Run 30	12 Run 60	13 Track Workout	14 Crosstrain 30	15 Run 45	16 Crosstrain 30	17 Run 60
18 Rest	19 Run 60	20 Track Workout	21 Run 30	22 Run 30	23 Rest	24 8am - KDF mini
25	26	27	28	29	30	1