

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Run 30	1 Run 60	2 Track Workout	3 Run 45	4 Rest	5 Crosstrain 30	6 Run 75
7 Run 45	8 Run 60	9 Track Workout	10 Rest	11 Run 45	12 Crosstrain 30	13 Run 75 9am - Snowman
14 Run 45	15 Run 60	16 Track Workout	17 Rest	18 Run 45	19 Crosstrain 30	20 Run 80
21 Run 30	22 Run 60	23 Track Workout	24 Rest	25 Run 30	26 Hills 45	27 Run 60
28 Run 30	1 Run 60	2 Track Workout	3 Rest	4 Run 45	5 Crosstrain 30	6 8am - Anthem 5k