

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 10am - Hangover	2
3	4	5	6	7	8	9 Run 60 min
10 Rest	11 Run 45	12 Track Workout	13 Run 45	14 Rest	15 Crosstrain 30	16 Run 70 9am - Frostbite 5k
17 Rest	18 Run 60	19 Track Workout	20 Run 45	21 Rest	22 Crosstrain 30 min	23 Run 75
24 Run 30 min	25 Run 60	26 Track Workout	27 Run 45	28 Rest	29 Crosstrain 30	30 Run 75
31 Run 30	1 Run 60	2 Track Workout	3 Run 45	4 Rest	5 Crosstrain 30	6 Run 75