

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Run 30	1 Run 60	2 Track Workout	3 Rest	4 Run 45	5 Crosstrain 30	6 8am - Anthem 5k
7 Run 30	8 Run 60	9 Track Workout	10 Rest	11 Hills 60	12 Crosstrain 30	13 Run 90
14 Run 30	15 Run 60	16 Track Workout	17 Rest	18 Run 30	19 Crosstrain 30	20 8am - Rhodes City
21 Rest	22 Run 60	23 Track Workout	24 Rest	25 Run 45	26 Crosstrain 30	27 Run 90
28 Run 30	29 Run 60	30 Track Workout	31 Crosstrain 30	1 Hills 60	2 Crosstrain 30	3 8am - Papa Johns 10