

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