

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