

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