

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 30 min	12 Track Workout	13 Run 30 min	14 Rest	15 Crosstrain 30 min	16 Run 60 min 9am - Frostbite 5k
17 Rest	18 Run 45 min	19 Track Workout	20 Run 30 min	21 Rest	22 Crosstrain 30 min	23 Run 70 min
24 Rest	25 Run 45 min	26 Track Workout	27 Run 30 min	28 Rest	29 Crosstrain 30 min	30 Run 60 min
31 Rest	1 Run 45 min	2 Track Workout	3 Run 45 min	4 Rest	5 Crosstrain 30 min	6 Run 70 min