

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Rest	1 Run 45 min	2 Track Workout	3 Run 45 min	4 Rest	5 Crosstrain 30 min	6 8am - Anthem 5k
7 Rest	8 Run 50 min	9 Track Workout	10 Run 30 min	11 Rest	12 Crosstrain 30 min	13 Run 75 min
14 Rest	15 Run 60 min	16 Track Workout	17 Run 30 min	18 Rest	19 Crosstrain 30 min	20 8am - Rhodes City
21 Rest	22 Run 60 min	23 Track Workout	24 Run 30 min	25 Rest	26 Crosstrain 30 min	27 Run 90 min
28 Rest	29 Run 60 min	30 Track Workout	31 Run 30 min	1 Rest	2 Crosstrain 30 min	3 8am - Papa Johns 10