

	WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY MILEAGE
11/20/17	1	Cross	3 m run	5 m run or REST	3 m run	Rest	5 m pace	8 m run	24
11/27/17	2	Cross	3 m run	5 m run or REST	3 m run	Rest	5 m run	9 m run	25
12/4/17	3	Cross	3 m run	5 m run or REST	3 m run	Rest	5 m pace	6 m run	22
12/11/17	4	Cross	3 m run	6 m run or REST	3 m run	Rest	6 m pace	11 m run	29
12/18/17	5	Cross	3 m run	6 m run or REST	3 m run	Rest	6 m run	12 m run	30
12/25/17	6	Cross	3 m run	5 m run or REST	3 m run	Rest	6 m pace	9 m run	26
1/1/18	7	Cross	4 m run	7 m run or REST	4 m run	Rest	7 m pace	14 m run	36
1/8/18	8	Cross	4 m run	7 m run or REST	4 m run	Rest	7 m run	15 m run	37
1/15/18	9	Cross	4 m run	5 m run or REST	4 m run	Rest	Rest	MLK Dream Half Marathon	28.1
1/22/18	10	Cross	4 m run	8 m run or REST	4 m run	Rest	8 m pace	17 m run	41
1/29/18	11	Cross	5 m run	8 m run or REST	5 m run	Rest	8 m run	18 m run	44
2/5/18	12	Cross	5 m run	5 m run or REST	5 m run	Rest	8 m pace	13 m run	39
2/12/18	13	Cross	5 m run	8 m run or REST	5 m run	Rest	5 m pace	20 m run	43
2/19/18	14	Cross	5 m run	5 m run or REST	5 m run	Rest	8 m run	12 m run	35
2/26/18	15	Cross	5 m run	8 m run or REST	5 m run	Rest	5 m pace	20 m run	43
3/5/18	16	Cross	5 m run	6 m run or REST	5 m run	Rest	4 m pace	12 m run	32
3/12/18	17	Cross	4 m run	5 m run or REST	4 m run	Rest	3 m run	8 m run	24
3/19/18	18	Cross	4 m run	Rest	Rest	2 m run	Skidaway Island Marathon	Rest	35.2