

	WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY MILEAGE
12/4/17	1	Rest	1 m run	1 m run	1 m run	Rest	10 min cross	2 m run	5
12/11/17	2	Rest	1.5 m run	1.5 m run	1.5 m run	Rest	15 min cross	2.5 m run	7
12/18/17	3	Rest	2 m run	2 m run	2 m run	Rest	20 min cross	3 m run	9
12/25/17	4	Rest	2.5 m run	2 m run or cross	2.5 m run	Rest	25 min cross	3.5 m run	10.5
1/1/18	5	Rest	3 m run	2 m run or cross	3 m run	Rest	30 min cross	4 m run	12
1/8/18	6	Rest	3 m run	2 m run or cross	3 m run	Rest	30 min cross	4 m run	12
1/15/18	7	Rest	3.5 m run	2 m run or cross	3.5 m run	Rest	40 min cross	5 m run	14
1/22/18	8	Rest	3.5 m run	2 m run or cross	3.5 m run	Rest	40 min cross	5 m run	14
1/29/18	9	Rest	4 m run	2 m run or cross	4 m run	Rest	40 min cross	6 m run	16
2/5/18	10	Rest	4 m run	2 m run or cross	4 m run	Rest or easy run	Rest	Go for the Red 5k	13.1
2/12/18	11	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	7 m run	19
2/19/18	12	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	8 m run	20
2/26/18	13	Rest	5 m run	3 m run or cross	5 m run	Rest or easy run	Rest	Intown Ten 10K	19.2
3/5/18	14	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	9 m run	22
3/12/18	15	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	10 m run	23
3/19/18	16	Rest	4 m run	3 m run or cross	2 m run	Rest	Skidaway Half Marathon		22.1