

	WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY MILEAGE
12/4/17	1	10 min cross	1 m run	1 m run	1 m run	Rest	1 m run	2 m run	6
12/11/17	2	15 min cross	1.5 m run	1.5 m run	1.5 m run	Rest	1.5 m run	2.5 m run	8.5
12/18/17	3	20 min cross	2 m run	2 m run	2 m run	Rest	2 m run	3 m run	11
12/25/17	4	25 min cross	2.5 m run	2.5 m run	2.5 m run	Rest	2.5 m run	3.5 m run	13.5
1/1/18	5	30 min cross	3 m run	4 m run	3 m run	Rest	3 m run	4 m run	17
1/8/18	6	30 min cross	3 m run	4 m pace	3 m run	Rest	3 m pace	5 m run	18
1/15/18	7	40 min cross	3.5 m run	5 m run	3.5 m run	Rest	Rest	6 m run	12
1/22/18	8	40 min cross	3.5 m run	5 m pace	3.5 m run	Rest	3 m run	7 m run	15
1/29/18	9	40 min cross	4 m run	6 m run	4 m run	Rest	3 m pace	8 m run	17
2/5/18	10	50 min cross	4 m run	6 m pace	4 m run	Rest or easy run	Rest	Go for the Red 5k	17.1
2/12/18	11	Rest	4.5 m run	7 m run	4.5 m run	Rest	4 m pace	9 m run	18
2/19/18	12	50 min cross	4.5 m run	7 m pace	4.5 m run	Rest	5 m pace	10 m run	21
2/26/18	13	60 min cross	5 m run	8 m run	5 m run	Rest or easy run	Rest	Intown Ten 10K	24.2
3/5/18	14	Rest	5 m run	8 m pace	5 m run	Rest	5 m pace	11 m run	23
3/12/18	15	60 min cross	5 m run	6 m run	4 m run	Rest	3 m pace	12 m run	18
3/19/18	16	Rest	4 m run	3 m run or cross	2 m run	Rest	Skidaway Half Marathon	Walk	22.1