

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 9 M	30 Stretch & Strenghten Yoga	31 6 M	1 5K Speed	2 6 strength	3 Rest	4 Cross or Run
5 Cherry Blossom 10K	6 Stretch & Strenghten Yoga	7 6	8 6 Tempo	9 5 M strength	10 Rest	11 Cross or Run
12 7 M Easter	13 Stretch & Strenghten Yoga	14 6	15 5K Speed	16 6 Strength	17 Rest	18 Cross or Run
19 8 M	20 Stretch & Strenghten Yoga	21 6 M	22 6 Tempo	23 5 Strength	24 Rest	25 Cross or Run
26 9 M	27 Stretch & Strenghten Yoga	28 6	29 5K Speed	30 7 strength	1 Rest	2 Cross or Run