

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