

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