

<u>Week Dates</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Count-down</u>
11/3-11/9	4 run	4 run	cross-train or rest	4 run	cross-train or rest	4 run	cross-train or rest	21 to go!
11/10-11/16	4 run	4 run	cross-train or rest	4 run	cross-train or rest	5 run	cross-train or rest	20 to go!
11/17-11/23	4 run	4 run	cross-train or rest	ThxGiving!! 4 run!	cross-train or rest	5 run	cross-train or rest	19 to go!
11/24-11/30	4 run	4 run	cross-train or rest	4 run	cross-train or rest	5 run	cross-train or rest	18 to go!
12/1-12/7	4 run	5 run	cross-train or rest	4 run	cross-train or rest	6 run	cross-train or rest	17 to go!
12/8-12/14	4 run	5 run	cross-train or rest	4 run	cross-train or rest	6 run	cross-train or rest	16 to go!
12/15-12/21	4 run	5 run	cross-train or rest	4 run	cross-train or rest	7 run	cross-train or rest	15 to go!
12/22-12/28	4 run	5 run	cross-train or rest	Christmas!!! 4 run	cross-train or rest	5 run	cross-train or rest	14 to go!
12/29-1/4	4 run	5 run	cross-train or rest	4 run	cross-train or rest	9 run	cross-train or rest	13 to go!
1/5-1-11	4 run	5 run	cross-train or rest	4 run	cross-train or rest	10 run	cross-train or rest	12 to go!
1/12-1/18	4 run	5 run	cross-train or rest	4 run	cross-train or rest	11 run	cross-train or rest	11 to go!
1/19-1/25	4 run	5 run	cross-train or rest	4 run	cross-train or rest	7 run	cross-train or rest	10 to go!
1/26-2/1	4 run	5 run	cross-train or rest	4 run	cross-train or rest	11 run	cross-train or rest	9 to go!
2/2-2/8	4 run	5 run	cross-train or rest	4 run	cross-train or rest	12 run	cross-train or rest	8 to go!
2/9-2/15	4 run	6 run	cross-train or rest	4 run	cross-train or rest	7 run	cross-train or rest	7 to go!
2/16-2/22	4 run	6 run	cross-train or rest	4 run	cross-train or rest	12 run	cross-train or rest	6 to go!
2/23-3/1	4 run	6 run	cross-train or rest	4 run	cross-train or rest	7 run	cross-train or rest	5 to go!
3/2-3/8	4 run	6 run	cross-train or rest	4 run	cross-train or rest	14 run	cross-train or rest	4 to go!

3/9-3/15	4 run	7 run	cross-train or rest	4 run	cross-train or rest	11 run	cross-train or rest	3 to go!
3/16-3/22	4 run	6 run	cross-train or rest	4 run	cross-train or rest	6 run	cross-train or rest	2 to go!
3/23-3/29	4 run	4 run	cross-train or rest	3 run	cross-train or rest	REST!	ING! 13.1 Miles!	1 RACE WEEK!