

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>11/28 - 12/4</b>	1.5 m run	Rest or Run/Walk	1.5 m run	Rest or Run/Walk	1.5 m run	Rest	30-60 min walk
<b>12/5 - 12/11</b>	1.75 mi run	Rest or Run/Walk	1.5 m run	Rest or Run/Walk	1.75 mi run	Rest	35-60 min walk
<b>12/12-12/18</b>	2 mi run	Rest or Run/Walk	1.5 m run	Rest or Run/Walk	2 mi run	Rest	40-60 min walk
<b>12/19-12/25</b>	2.25 mi run	Rest or Run/Walk	1.5 m run	Rest or Run/Walk	2.25 mi run	Rest	45-60 min walk
<b>12/26-1/1</b>	2.5 mi run	Rest or Run/Walk	2 mi run	Rest or Run/Walk	2.5 mi run	Rest	50-60 min walk
<b>1/2-1/8</b>	2.75 mi run	Rest or Run/Walk	2 mi run	Rest or Run/Walk	2.75 mi run	Rest	55-60 min walk
<b>1/9-1/15</b>	3 mi run	Rest or Run/Walk	2 mi run	Rest or Run/Walk	3 mi run	Rest	60 min walk
<b>1/16-1/22</b>	3 mi run	Lift or Yoga	3 mi run + strength	2 mi run or XT	30 min cross	Rest	4 mi run
<b>1/23-1/29</b>	3 mi run	Lift or Yoga	3 mi run + strength	2 mi run or XT	30 min cross	Rest	4 mi run
<b>1/30-2/5</b>	3.5 mi run	Lift or Yoga	3.5 mi run + strength	2 mi run or XT	40 min cross	Rest	5 mi run
<b>2/6-2/12</b>	3.5 mi run	Lift or Yoga	3.5 mi run + strength	2 mi run or XT	40 min cross	Rest	5 mi run
<b>2/13-2/19</b>	4 mi run	Lift or Yoga	4 mi run + strength	2 mi run or XT	40 min cross	Rest	6 mi run
<b>2/20-2/26</b>	4 mi run	Lift or Yoga	4 mi run + strength	2 mi run or XT	Rest	Rest	5K Race
<b>2/27-3/4</b>	4.5 mi run	Lift or Yoga	4.5 mi run + strength	3 mi run or XT	50 min cross	Rest	7 mi run
<b>3/5-3/11</b>	4.5 mi run	Lift or Yoga	4.5 mi run + strength	3 mi run or XT	50 min cross	Rest	8 mi run
<b>3/12-3/18</b>	5 mi run	Lift or Yoga	5 mi run + strength	3 mi run or XT	Rest	Rest	10K Race
<b>3/19-3/25</b>	5 mi run	Lift or Yoga	5 mi run + strength	3 mi run or XT	60 min cross	Rest	9 mi run
<b>3/26-4/1</b>	5 mi run	Lift or Yoga	5 mi run + strength	3 mi run or XT	60 min cross	Rest	10 mi run
<b>4/2-4/8</b>	4 mi run	Lift or Yoga	4 mi run + strength	3 mi run or XT	Rest	Rest	Half Marathon