

# July 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3</b> Cross Train	<b>4</b> 3 M RUN	<b>5</b> 5 M RUN	<b>6</b> 5 M PACE	<b>7</b> 3 M RUN	<b>8</b> REST	<b>9</b> 10 M RUN
<b>10</b> Cross Train	<b>11</b> 3 M RUN	<b>12</b> 5 M RUN	<b>13</b> 5 M RUN	<b>14</b> 3 M RUN	<b>15</b> REST	<b>16</b> 11 M RUN
<b>17</b> Cross Train	<b>18</b> 3 M RUN	<b>19</b> 6 M RUN	<b>20</b> 6 M PACE	<b>21</b> 3 M RUN	<b>22</b> REST	<b>23</b> 8 M RUN
<b>24</b> Cross Train	<b>25</b> 3 M RUN	<b>26</b> 6 M RUN	<b>27</b> 6 M PACE	<b>28</b> 3 M RUN	<b>29</b> REST	<b>30</b> 13 M RUN
<b>31</b> Cross Train						

# August 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 3 M RUN	<b>2</b> 7 M RUN	<b>3</b> 7 M RUN	<b>4</b> 3 M RUN	<b>5</b> REST	<b>6</b> 14 M RUN
<b>7</b> Cross Train	<b>8</b> 3 M RUN	<b>9</b> 7 M RUN	<b>10</b> 7 M PACE	<b>11</b> 3 M RUN	<b>12</b> REST	<b>13</b> 10 M RUN
<b>14</b> Cross Train	<b>15</b> 4 M RUN	<b>16</b> 8 M RUN	<b>17</b> 8 M PACE	<b>18</b> 4 M RUN	<b>19</b> REST	<b>20</b> 16 M RUN
<b>21</b> Cross Train	<b>22</b> 4 M RUN	<b>23</b> 8 M RUN	<b>24</b> 8 M RUN	<b>25</b> 4 M RUN	<b>26</b> REST	<b>27</b> 17 M RUN
<b>28</b> Cross Train	<b>29</b> 4 M RUN	<b>30</b> 9 M RUN	<b>31</b> 8 M RUN			

# September 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 4 M RUN	<b>2</b> REST	<b>3</b> REST
<b>4</b> Cross Train	<b>5</b> 4 M RUN	<b>6</b> 9 M RUN	<b>7</b> 9 M PACE	<b>8</b> 4 M RUN	<b>9</b> REST	<b>10</b> 19 M RUN
<b>11</b> Cross Train	<b>12</b> 5 M RUN	<b>13</b> 10 M RUN	<b>14</b> 10 M RUN	<b>15</b> 5 M RUN	<b>16</b> REST	<b>17</b> 20 M RUN
<b>18</b> Cross Train	<b>19</b> 5 M RUN	<b>20</b> 6 M RUN	<b>21</b> 6 M PACE	<b>22</b> 5 M RUN	<b>23</b> REST	<b>24</b> 12 M RUN
<b>25</b> Cross Train	<b>26</b> 5 M RUN	<b>27</b> 10 M RUN	<b>28</b> 10 M PACE	<b>29</b> 5 M RUN	<b>30</b> REST	

# October 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> 20 M RUN
<b>2</b> Cross Train	<b>3</b> 5 M RUN	<b>4</b> 6 M RUN	<b>5</b> 6 M RUN	<b>6</b> 5 M RUN	<b>7</b> REST	<b>8</b> 12 M RUN
<b>9</b> Cross Train	<b>10</b> 5 M RUN	<b>11</b> 10 M RUN	<b>12</b> 10 M PACE	<b>13</b> 5 M RUN	<b>14</b> REST	<b>15</b> 20 M RUN
<b>16</b> Cross Train	<b>17</b> 5 M RUN	<b>18</b> 8 M RUN	<b>19</b> 4 M PACE	<b>20</b> 5 M RUN	<b>21</b> REST	<b>22</b> 12 M RUN
<b>23</b> Cross Train	<b>24</b> 4 M RUN	<b>25</b> 6 M RUN	<b>26</b> 4 M RUN	<b>27</b> 4 M RUN	<b>28</b> REST	<b>29</b> 8 M RUN
<b>30</b> Cross Train	<b>31</b> REST					

# November 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 3 M RUN	<b>2</b> 4 M RUN	<b>3</b> REST	<b>4</b> REST	<b>5</b> 2 M RUN
<b>6</b> <b>MARATHON</b>						