

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total mileage
7/16/2023	Rest	5	Cross train/Walk/Stretch	4	2-4 miles on your own	Rest	7	16
7/23/2023	Rest	5	Cross train/Walk/Stretch	4	2-4 miles on your own	Rest	8	17
7/30/2023	Rest	5	Cross train/Walk/Stretch	4	2-4 miles on your own	Rest	9	18
8/6/2023	Rest	5	Cross train/Walk/Stretch	5	2-4 miles on your own	Rest	8	18
8/13/2023	Rest	5	Cross train/Walk/Stretch	5	2-4 miles on your own	Rest	9	19
8/20/2023	Rest	5	Cross train/Walk/Stretch	5	2-4 miles on your own	Rest	10	20
8/27/2023	Rest	5	Cross train/Walk/Stretch	5	2-4 miles on your own	Rest	11	21
9/3/2023	Rest	5	Cross train/Walk/Stretch	6	2-4 miles on your own	Rest	12	23
9/10/2023	Rest	5	Cross train/Walk/Stretch	6	2-4 miles on your own	Rest	13	24
9/17/2023	Rest	4	Cross train/Walk/Stretch	4	2-4 miles on your own	Rest	8	16
9/24/2023	Rest	4	Cross train/Walk/Stretch	5	Rest	Rest	2	11
10/1/2023	RACE DAY!							