

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total mileage
7/16/2023	Rest	6	Cross train/Walk/Stretch	5	3-5 miles on your own	Rest	10	21
7/23/2023	Rest	6	Cross train/Walk/Stretch	5	3-5 miles on your own	Rest	11	22
7/30/2023	Rest	6	Cross train/Walk/Stretch	6	3-5 miles on your own	Rest	13	25
8/6/2023	Rest	6	Cross train/Walk/Stretch	7	3-5 miles on your own	Rest	10	23
8/13/2023	Rest	6	Cross train/Walk/Stretch	6	3-5 miles on your own	Rest	13	25
8/20/2023	Rest	6	Cross train/Walk/Stretch	7	3-5 miles on your own	Rest	14	27
8/27/2023	Rest	6	Cross train/Walk/Stretch	7	3-5 miles on your own	Rest	16	29
9/3/2023	Rest	6	Cross train/Walk/Stretch	8	3-5 miles on your own	Rest	18	32
9/10/2023	Rest	6	Cross train/Walk/Stretch	8	3-5 miles on your own	Rest	20	34
9/17/2023	Rest	4	Cross train/Walk/Stretch	6	3-5 miles on your own	Rest	12	22
9/24/2023	Rest	5	Cross train/Walk/Stretch	5	Rest	Rest	2	12
10/1/2023	RACE DAY!							