

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
3/18/2018			4 miles		3 miles + Stairs	
3/25/2018			4 miles w/sprints		3 miles	
4/1/2018			3 miles w/sprints		3 miles	
4/8/2018			3 miles		4 miles	
4/15/2018			3 miles w/sprints		3 miles	
4/22/2018			3 miles		3 miles	
4/29/2018			3 milesw/sprints		3 miles	
5/6/2018			3 miles		3 miles	
5/13/2018			3 miles w/sprints		3 miles	
5/20/2018			3 miles		3 miles	
5/27/2018			3 miles w/sprints		3 miles	
6/3/2018			3 miles w/sprints		3 miles	
6/10/2018			3 miles		3 miles	
6/17/2018			3 miles		2 miles	
6/24/2018		4 miler	2 miles		3 miles	
7/1/2018			3 miles		2 miles	
7/8/2018			3 miles		3 miles	
7/15/2018			3 miles		3 miles	
7/22/2018		4 miler	2 miles		3 miles	
7/29/2018			3 miles		3 miles	
8/5/2018			3 milesw/sprints		3 miles	
8/12/2018			3 miles		2 miles	

Saturday
5 miles
6 miles
7 miles
6 miles
8 miles
6 miles
7 miles
6 miles
8 miles
5 miles
6 miles
7 miles
Woodruff Riverpark 5K
3.5 miles
4 miles
Big Dog Heatwave 5 miler
4 miles
3 miles
4 miles
5 miles
4 miles
Lakebottom 5K