

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5/13/2018	5 miles		3 miles		3 miles		5 miles
5/20/2018	5 miles		3 miles		3 miles		6 miles
5/27/2018	4 miles		4 miles		4 miles		8 miles
6/3/2018	5 miles		3 miles		3 miles		Woodruff Riverpark 5K
6/10/2018	4 miles		4 miles		3 miles		10 miles
6/17/2018	5 miles		3 miles		4 miles		6 miles
6/24/2018	4 miles	4 Miler	2 miles		3 miles		8 miles
7/1/2018	3 miles		Peachtree 10K		5 miles		Heatwave 5 miler
7/8/2018	3 miles		3 miles		3 miles		10 miles
7/15/2018	3 miles		3 miles		3 miles		6 miles
7/22/2018	4 miles	4 Miler	2 miles		3 miles		12 miles
7/29/2018	3 miles		3 miles		3 miles		8 miles
8/5/2018	5 miles		3 miles		3 miles		14 miles
8/12/2018	3 miles		3 miles		3 miles		Lakebottom 5K
8/19/2018	5 miles		4 miles		3 miles		16 miles
8/26/2018	3 miles		3 miles		3 miles		8 miles
9/2/2018	3 miles	Classic 10K	2 miles		4 miles		18 miles
9/9/2018	3 miles		3 miles		3 miles		9 miles
9/16/2018	4 miles		3 miles		3 miles		20 miles
9/23/2018	3 miles		4 miles		4 miles		10 miles
9/30/2018	3 miles		3 miles		3 miles		22 miles
10/7/2018	3 miles		4 miles		3 miles		10 miles
10/14/2018	4 miles		3 miles		3 miles		24 miles
10/21/2018	3 miles		4 miles		3 miles		12 miles
10/28/2018	3 miles		4 miles		4 miles		8 miles
11/4/2018	3 miles		3 miles		3 miles		6 miles
11/11/2018	3 miles		3 miles		2 miles		Soldier Marathon 26.2