

| Week       | Sunday  | Monday      | Tuesday      | Wedr | Thursda | Friday | Saturday                   |
|------------|---------|-------------|--------------|------|---------|--------|----------------------------|
| 3/11/2018  |         |             | 3 miles      |      | 3 miles |        | 6 miles                    |
| 3/18/2018  | 3 miles |             | 3 miles      |      | 3 miles |        | 8 miles                    |
| 3/25/2018  | 3 miles |             | 4 miles      |      | 4 miles |        | 6 miles                    |
| 4/1/2018   | 3 miles |             | 3 miles      |      | 3 miles |        | 10 miles                   |
| 4/8/2018   | 3 miles |             | 4 miles      |      | 4 miles |        | 5 miles                    |
| 4/15/2018  | 4 miles |             | 3 miles      |      | 3 miles |        | 11 miles                   |
| 4/22/2018  | 3 miles |             | 4 miles      |      | 4 miles |        | 5.5 miles                  |
| 4/29/2018  | 4 miles |             | 3 miles      |      | 3 miles |        | 12 miles                   |
| 5/6/2018   | 3 miles |             | 4 miles      |      | 4 miles |        | 6 miles                    |
| 5/13/2018  | 5 miles |             | 3 miles      |      | 3 miles |        | 13 miles                   |
| 5/20/2018  | 4 miles |             | 4 miles      |      | 4 miles |        | 6 miles                    |
| 5/27/2018  | 5 miles |             | 3 miles      |      | 3 miles |        | 14 miles                   |
| 6/3/2018   | 4 miles |             | 4 miles      |      | 4 miles |        | Woodruff Riverpark 5K      |
| 6/10/2018  | 5 miles |             | 3 miles      |      | 3 miles |        | 15 miles                   |
| 6/17/2018  | 4 miles |             | 4 miles      |      | 3 miles |        | 7 miles                    |
| 6/24/2018  | 4 miles | 4 miler     | 3 miles      |      | 3 miles |        | 16 miles                   |
| 7/1/2018   | 3 miles |             | Peachtree 10 |      | 3 miles |        | Heatwave 5 miler           |
| 7/8/2018   | 3 miles |             | 3 miles      |      | 3 miles |        | 17 miles                   |
| 7/15/2018  | 3 miles |             | 3 miles      |      | 3 miles |        | 8 miles                    |
| 7/22/2018  | 4 miles | 4 miler     | 3 miles      |      | 3 miles |        | 18 miles                   |
| 7/29/2018  | 3 miles |             | 3 miles      |      | 3 miles |        | 9 miles                    |
| 8/5/2018   | 3 miles |             | 3 miles      |      | 3 miles |        | 19 miles                   |
| 8/12/2018  | 3 miles |             | 3 miles      |      | 3 miles |        | Lakebottom 5K              |
| 8/19/2018  | 3 miles |             | 4 miles      |      | 3 miles |        | 20 miles                   |
| 8/26/2018  | 4 miles |             | 3 miles      |      | 3 miles |        | 6 miles                    |
| 9/2/2018   | 3 miles | Classic 10K | 4 miles      |      | 3 miles |        | 21 miles                   |
| 9/9/2018   | 3 miles |             | 3 miles      |      | 3 miles |        | 10 miles                   |
| 9/16/2018  | 3 miles |             | 3 miles      |      | 3 miles |        | 22 miles                   |
| 9/23/2018  | 4 miles |             | 4 miles      |      | 3 miles |        | 11 miles                   |
| 9/30/2018  | 4 miles |             | 3 miles      |      | 3 miles |        | 23 miles                   |
| 10/7/2018  | 3 miles |             | 4 miles      |      | 3 miles |        | 10 miles                   |
| 10/14/2018 | 3 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 |        | 26.2 miles Soldier Marathc |