

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/18/2018	easy walk		3 mile		3 mile		3 miles
3/25/2018	easy walk		3 mile		3 mile		6 miles
4/1/2018	easy walk		3 mile		2 mile		5 miles
4/8/2018	easy walk		3 mile		3 mile		3 miles
4/15/2018	easy walk		3 mile		2 mile		6 miles
4/22/2018	easy walk		3 mile		3 mile		4 miles
4/29/2018	easy walk		3 mile		2 mile		7 miles
5/6/2018	easy walk		3 mile		3 mile		4 miles
5/13/2018	easy walk		3 mile		2 mile		7 miles
5/20/2018	easy walk		3 mile		3 mile		4 miles
5/27/2018	easy walk		3 mile		2 mile		8 miles
6/3/2018	easy walk		3 mile		2 mile		Woodruff Riverpark 5K
6/10/2018	easy walk		3 mile		2 mile		8 miles
6/17/2018	easy walk		3 mile		3 mile		4 miles
6/24/2018	easy walk	4 miler	2 mile		3 mile		4 miles
7/1/2018	easy walk		Peachtree 10K		2 mile		Heatwave 5 Miler
7/8/2018	easy walk		3 mile		2 mile		9 miles
7/15/2018	easy walk		2 mile		3 mile		4 miles
7/22/2018	easy walk	4 miler	2 mile		2 mile		9 miles
7/29/2018	easy walk		3 Mile		3 mile		5 miles
8/5/2018	easy walk		3 mile		2 mile		10 miles
8/12/2018	easy walk		3 mile		2 mile		Lakebottom 5K
8/19/2018	easy walk		3 mile		2 mile		10 miles
8/26/2018	easy walk		3 mile		3 mile		4 miles
9/2/2018	easy walk	Classic 10K	2 mile		2 mile		11 miles
9/9/2018	easy walk		3 mile		3 mile		5 miles
9/16/2018	easy walk		3 mile		2 mile		11 miles
9/23/2018	easy walk		3 mile		3 mile		5 miles
9/30/2018	easy walk		3 mile		2 mile		12 miles
10/7/2018	easy walk		3 mile		2 mile		10 miles
10/14/2018	easy walk		3 mile		3 mile		6 miles
10/21/2018	easy walk		3 mile		2 mile		12 miles
10/28/2018	easy walk		3 mile		3 mile		8 miles
11/4/2018	easy walk		3 mile		3 mile		6 miles
11/11/2018	easy walk		3 mile		2 mile		Soldier Half