

<b>Week</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
5/13/2018	5 miles		3 miles		3 miles		4 miles
5/20/2018	5 miles		3 miles		3 miles		6 miles
5/27/2018	4 miles		4 miles		4 miles		4 miles
6/3/2018	5 miles		3 miles		3 miles		7 miles
6/10/2018	4 miles		4 miles		3 miles		4 miles
6/17/2018	5 miles		3 miles		4 miles		8 miles
6/24/2018	4 miles	4 miler	3 miles		3 miles		4 miles
7/1/2018	3 miles		3 miles	Peachtree	5 miles		Heatwave 5 Miler
7/8/2018	3 miles		3 miles		3 miles		4 miles
7/15/2018	3 miles		3 miles		3 miles		5 miles
7/22/2018	4 miles	4 Miler	3 miles		3 miles		8 miles
7/29/2018	3 miles		4 miles		3 miles		5 miles
8/5/2018	4 miles		3 miles		3 miles		9 miles
8/12/2018	3 miles		3 miles		3 miles		Lakebottom 5K
8/19/2018	Aug Half		4 miles		3 miles		10 miles
8/26/2018	3 miles		3 miles		3 miles		Classic 10K
9/2/2018	3 miles		4 miles		4 miles		10 miles
9/9/2018	3 miles		3 miles		3 miles		5 miles
9/16/2018	4 miles		3 miles		3 miles		11 miles
9/23/2018	3 miles		4 miles		4 miles		Mog Mile
9/30/2018	3 miles		3 miles		3 miles		12 miles
10/7/2018	3 miles		4 miles		3 miles		10 Miler
10/14/2018	4 miles		3 miles		3 miles		6 miles
10/21/2018	3 miles		4 miles		3 miles		12 miles/BD Howl
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 Half