

<b>Week</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
7/22/2018	5 miles		3 miles		3 miles		6 miles
7/29/2018	5 miles		3 miles		3 miles		8 miles
8/5/2018	4 miles		4 miles		4 miles		10 miles
8/12/2018	5 miles		4 miles		4 miles		Lakebottom 5K
8/19/2018	Aug Half		4 miles		4 miles		8 miles
8/26/2018	5 miles		4 miles		4 miles		Classic 10K
9/2/2018	4 miles		4 miles		4 miles		8 miles
9/9/2018	3 miles		4 miles		4 miles		10 miles
9/16/2018	3 miles		5 miles		4 miles		Sept Half
9/23/2018	3 miles		4 miles		4 miles		Mog Mile 5K
9/30/2018	4 miles		3 miles		3 miles		Columbus Day Relay
10/7/2018	3 miles		4 miles		3 miles		10 miler
10/14/2018	5 miles		3 miles		3 miles		Oct Half
10/21/2018	3 miles		4 miles		4 miles		Big Dog Howl 5K
10/28/2018	5 miles		4 miles		3 miles		12 miles
11/4/2018	3 miles		4 miles		4 miles		8 miles
11/11/2018	3 miles		4 miles		3 miles		Soldier Half 13.1
11/18/2018	3 miles		4 miles		4 miles		10 miles
11/25/2018	4 miles		4 miles		4 miles		8 miles
12/2/2018	3 miles		4 miles		3 miles		Dec Half + 3
12/9/2018	3 miles		4 miles		3 miles		Big Dog Jingle 5K
12/16/2018	4 miles		4 miles		3 miles		18 Miles
12/23/2018	3 miles		4 miles		4 miles		10 miles
12/30/2018	3 miles		4 miles		3 miles		Red Nose Half
1/6/2019	3 miles		4 miles		3 miles		20 miles
1/13/2019	3 miles		4 miles		4 miles		12 miles
1/20/2019	3 miles		4 miles		3 miles		22 Miles
1/27/2019	3 miles		4 miles		3 miles		SuperBowl 10K
2/3/2019	3 miles		3 miles		3 miles		24 Miles
2/10/2019	3 miles		3 miles		3 miles		10 Miles
2/17/2019	4 miles		4 miles		3 miles		8 Miles
2/24/2019	4 miles		4 miles		2 miles		Albany Full Marathon