

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	12/01 4 Miles	12/02 Rest	12/03 6 Miles	12/04 Run Club	12/05 Rest	12/06 Long Run	12/07 4 Miles
2	12/08 4 Miles	12/09 Rest	12/10 6 Miles	12/11 Run Club	12/12 Rest	12/13 Long Run	12/14 4 Miles
3	12/15 4 Miles	12/16 Rest	12/17 6 Miles	12/18 Run Club	12/19 Rest	12/20 Long Run	12/21 4 Miles
4	12/22 4 Miles	12/23 Rest	12/24 6 Miles	12/25 Run Club	12/26 Rest	12/27 Long Run	12/28 4 Miles
5	12/29 4 Miles	12/30 Rest	12/31 6 Miles	01/01 Run Club	01/02 Rest	01/03 Long Run	01/04 4 Miles
6	01/05 4 Miles	01/06 Rest	01/07 6 Miles	01/08 Run Club	01/09 Rest	01/10 Long Run	01/11 4 Miles
7	01/12 4 Miles	01/13 Rest	01/14 6 Miles	01/15 Run Club	01/16 Rest	01/17 Long Run	01/18 4 Miles
8	01/19 4 Miles	01/20 Rest	01/21 6 Miles	01/22 Run Club	01/23 Rest	01/24 Long Run	01/25 4 Miles
9	01/26 4 Miles	01/27 Rest	01/28 6 Miles	01/29 Run Club	01/30 Rest	01/31 Long Run	02/01 4 Miles
10	02/02 4 Miles	02/03 Rest	02/04 6 Miles	02/05 Run Club	02/06 Rest	02/07 Long Run	02/08 4 Miles