

Sat May 20 – 10miles
Sat May 27 – 12miles
Sat June 3 – 10miles
Sat June 10 – 13miles
Sat June 17 – 10miles
Sat June 24 – 14miles
Sat July 1 – 10miles
Sat July 8 – 15miles
Sat July 15 – 10miles
Sat July 22 – 16miles

Sat July 29 – 10miles
Sat Aug 5 – 17miles
Sat Aug 12 – 10miles
Sat Aug 19 – 18miles
Sat Aug 26 – 10miles
Sat Sept 2 – 20miles
Sat Sept 9 – 10 miles
Tapering
Sun Oct 1 Marathon