

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>1</b>	Rest	5 miles	Rest	5 miles	Rest	3 miles	6 miles
<b>2</b>	Rest	5 miles	Rest	5 miles	Rest	5 miles	6 miles
<b>3</b>	Rest	6 miles	Rest	6 miles	Rest	5 miles	7 miles
<b>4</b>	Rest	6 miles	Rest	6 miles	Rest	5 miles	7 miles
<b>5</b>	Rest	7 miles	Rest	7 miles	Rest	5 miles	8 miles
<b>6</b>	Rest	7 miles	Rest	7 miles	Rest	5 miles	8 miles
<b>7</b>	Rest	5 miles	7 miles	5 miles	Rest	5 miles	9 miles
<b>8</b>	Rest	5 miles	7 miles	5 miles	Rest	5 miles	9 miles
<b>9</b>	Rest	6 miles	7 miles	6 miles	Rest	5 miles	10 miles
<b>10</b>	Rest	6 miles	7 miles	6 miles	Rest	5 miles	10 miles
<b>11</b>	Rest	6 miles	8 miles	6 miles	Rest	4 miles	11 miles
<b>12</b>	Rest	6 miles	8 miles	6 miles	Rest	4 miles	11 miles
<b>13</b>	Rest	7 miles	8 miles	7 miles	Rest	4 miles	12 miles
<b>14</b>	Rest	7 miles	8 miles	7 miles	Rest	4 miles	12 miles
<b>15</b>	Rest	7 miles	8 miles	6 miles	Rest	4 miles	10 miles
<b>16</b>	Rest	7 miles	8 miles	6 miles	Rest	4 miles	10 miles
<b>17</b>	Rest	6 miles	8 miles	6 miles	Rest	Rest	11 miles
<b>18</b>	Rest	6 miles	8 miles	6 miles	Rest	Rest	11 miles
<b>19</b>	Rest	6 miles	7 miles	6 miles	Rest	Rest	6 miles
<b>20</b>	Rest	6 miles	Rest	7 miles	Rest	Rest	Half marathon