

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/17/2019			3 miles		3 miles		3 miles
3/24/2019			3 miles		4 miles		6 miles
3/31/2019			4 miles		3 miles		5 miles
4/7/2019			3 miles		4 miles		3 miles
4/14/2019			4 miles		3 miles		6 miles
4/21/2019			3 miles		4 miles		4 miles
4/28/2019			4 miles		3 miles		8 miles
5/5/2019			3 miles		4 miles		13 miles
5/12/2019			4 miles		3 miles		8 miles
5/19/2019			3 miles		4 miles		6 miles
5/26/2019			4 miles		3 miles		10 miles
6/2/2019			3 miles		4 miles		3 Bridge 5K
6/9/2019			4 miles		3 miles		12 miles
6/16/2019			3 miles		3 miles		6 miles
6/23/2019			4 miles		2 miles		14 miles
6/30/2019			4 miles		Peachtree 10K		Heatwave 5 miler
7/7/2019			3 miles		2 miles		16 miles
7/14/2019			3 miles		3 miles		6 miles
7/21/2019			3 miles		2 miles		18 miles
7/28/2019			3 miles		3 miles		8 miles
8/4/2019			3 miles		2 miles		20 miles
8/11/2019			3 miles		2 miles		Lakebottom 5K
8/18/2019			3 miles		2 miles		10 miles
8/25/2019			4 miles		3 miles		22 miles
9/1/2019		Classic 10K	3 miles		2 miles		10 miles
9/8/2019			4 miles		3 miles		24 miles
9/15/2019			3 miles		3 miles		12 miles
9/22/2019			3 miles		3 miles		8 miles
9/29/2019			4 miles		3 miles		6 miles
10/6/2019							2 miles
10/13/2019	Chicago						