

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5/12/2019	5 miles		3 miles		3 miles		5 miles
5/19/2019	5 miles		3 miles		3 miles		6 miles
5/26/2019	4 miles		4 miles		4 miles		8 miles
6/2/2019	5 miles		3 miles		3 miles		3 Bridge 5K
6/9/2019	4 miles		4 miles		3 miles		10 miles
6/16/2019	5 miles		3 miles		4 miles		6 miles
6/23/2019	4 miles		2 miles		3 miles		8 miles
6/30/2019	3 miles		3 miles		Peachtree 10K		Heatwave 5 miler
7/7/2019	3 miles		3 miles		3 miles		10 miles
7/14/2019	3 miles		3 miles		3 miles		6 miles
7/21/2019	4 miles		2 miles		3 miles		12 miles
7/28/2019	3 miles		3 miles		3 miles		8 miles
8/4/2019	5 miles		3 miles		3 miles		14 miles
8/11/2019	3 miles		3 miles		3 miles		Lakebottom 5K
8/18/2019	5 miles		4 miles		3 miles		16 miles
8/25/2019	3 miles		3 miles		3 miles		8 miles
9/1/2019	3 miles	Classic 10K	2 miles		4 miles		18 miles
9/8/2019	3 miles		3 miles		3 miles		9 miles
9/15/2019	4 miles		3 miles		3 miles		20 miles
9/22/2019	3 miles		4 miles		4 miles		10 miles
9/29/2019	3 miles		3 miles		3 miles		22 miles
10/6/2019	3 miles		4 miles		3 miles		10 miles
10/13/2019	4 miles		3 miles		3 miles		24 miles
10/20/2019	3 miles		4 miles		3 miles		12 miles
10/27/2019	3 miles		4 miles		4 miles		8 miles
11/3/2019	3 miles		3 miles		3 miles		6 miles
11/10/2019	3 miles		3 miles		2 miles		Soldier Marathon 26.2