| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| 3/10/2019 | | | 3 miles | | 3 miles | | 6 miles |
| 3/17/2019 | 3 miles | | 3 miles | | 3 miles | | 8 miles |
| 3/24/2019 | 3 miles | | 4 miles | | 4 miles | | 6 miles |
| 3/31/2019 | 3 miles | | 3 miles | | 3 miles | | 8 miles |
| 4/7/2019 | 3 miles | | 4 miles | | 4 miles | | 10 miles |
| 4/14/2019 | 4 miles | | 3 miles | | 3 miles | | 5.5 miles |
| 4/21/2019 | 3 miles | | 4 miles | | 4 miles | | 11 miles |
| 4/28/2019 | 4 miles | | 3 miles | | 3 miles | | 6 miles |
| 5/5/2019 | 3 miles | | 4 miles | | 4 miles | | 12 miles |
| 5/12/2019 | 5 miles | | 3 miles | | 3 miles | | 6 miles |
| 5/19/2019 | 4 miles | | 4 miles | | 4 miles | | 13 miles |
| 5/26/2019 | 5 miles | | 3 miles | | 3 miles | | 6 miles |
| 6/2/2019 | 4 miles | | 4 miles | | 4 miles | | 3 Bridge 5K |
| 6/9/2019 | 5 miles | | 3 miles | | 3 miles | | 15 miles |
| 6/16/2019 | 4 miles | | 4 miles | | 3 miles | | 7 miles |
| 6/23/2019 | 4 miles | | 3 miles | | 3 miles | | 16 miles |
| 6/30/2019 | 3 miles | | 3 miles | | Peachtree 10K | | Heatwave 5 miler |
| 7/7/2019 | 3 miles | | 3 miles | | 3 miles | | 17 miles |
| 7/14/2019 | 3 miles | | 3 miles | | 3 miles | | 8 miles |
| 7/21/2019 | 4 miles | | 3 miles | | 3 miles | | 18 miles |
| 7/28/2019 | 3 miles | | 3 miles | | 3 miles | | 9 miles |
| 8/4/2019 | 3 miles | | 3 miles | | 3 miles | | 19 miles |
| 8/11/2019 | 3 miles | | 3 miles | | 3 miles | | Lakebottom 5K |
| 8/18/2019 | 3 miles | | 4 miles | | 3 miles | | 20 miles |
| 8/25/2019 | 4 miles | | 3 miles | | 3 miles | | 6 miles |
| 9/1/2019 | 3 miles | Classic 10K | 4 miles | | 3 miles | | 21 miles |
| 9/8/2019 | 3 miles | | 3 miles | | 3 miles | | 10 miles |
| 9/15/2019 | 3 miles | | 3 miles | | 3 miles | | 22 miles |
| 9/22/2019 | 4 miles | | 4 miles | | 3 miles | | 11 miles |
| 9/29/2019 | 4 miles | | 3 miles | | 3 miles | | 23 miles |
| 10/6/2019 | 3 miles | | 4 miles | | 3 miles | | 10 miles |
| 10/13/2019 | 3 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 | | 26.2 miles Soldier Marathon |