

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