

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start - Oct. 14			7	3.4	Cross Train	8 to 10	Cross/3
1 - Oct. 21	Rest	Cross Train	5+	3	Cross Train	6	Cross/3
2 - Oct. 28	Rest	Cross Train	5+	3	Cross Train	7	Cross/3
3 - Nov. 4	Rest	Cross Train	5+	3	Cross Train	8	Cross/3
4 - Nov. 11	Rest	Cross Train	5+	3	Cross Train	9	Cross/3
5 - Nov. 18	Rest	Cross Train	6+	3	Cross Train	9	Cross/3
6 - Nov. 25	Rest	Cross Train	6+	3	Cross Train	10	Cross/3
7 - Dec. 2	Rest	Cross Train	6+	4	Cross Train	11	Cross/3
8 - Dec. 9	Rest	Cross Train	6+	4	Cross Train	12	Cross/3
9 - Dec. 16	Rest	Cross Train	7+	4	Cross Train	12	Cross/3
10 - Dec. 23	Rest	Cross Train	7+	4	Cross Train	13	Cross/3
11 - Dec. 30	Rest	Cross Train	7+	4	Cross Train	15	Cross/3
12 - Jan. 6	Rest	Cross Train	7+	4	Cross Train	16	Cross/3
13 - Jan. 13	Rest	Cross Train	7+	4	Cross Train	17	Cross/3
14 - Jan. 20	Rest	Cross Train	3+	3	Rest	Race (13.1)	Rest + 2 Mile
15 - Jan. 27	Cross + 3	Cross Train	7+	4	Cross Train	20	Cross/3
16 - Feb. 3	Rest	Cross Train	7+	4	Cross Train	20	Cross/3
17 - Feb. 10	Rest	Cross Train	7+	4	Cross Train	15	Cross/3
18 - Feb. 17	Rest	Cross Train	6	4	Cross Train	10	Cross/3
19 - Feb. 24	Rest	Cross Train	3	3	Cross Train	Rest	Race (26.2)
20 - Mar. 3	Rest						