

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 - Mar. 3	Rest	Cross Train	Cross + Rest	3	Cross Train	6 to 10	Cross/3
2 - Mar. 10	Rest	Cross Train	7	4	Cross Train	Shamrox 15K	Cross/3
3 - Mar. 17	Rest	Cross Train	7+	4	Cross Train	15	Cross/3
4 - Mar. 24	Rest	Cross Train	6	4	Cross Train	10	Cross/3
5 - Mar. 31	Rest	Cross Train	4	3	Cross Train	Rest	26.2 STL
6 - Apr. 7	Rest	Cross Train	Cross + Rest	3	Cross Train	6 to 10	Cross/3
7 - Apr. 14	Rest	Cross Train	4	3	Cross Train	13.1 Go Girl	Rest / Easter
8 - Apr. 21	Rest	Cross Train	7+	4	Cross Train	10	Cross/3
9 - Apr. 28	Rest	Cross Train	6	3	Cross Train	Rest	13.1 Diva Bran.
10 - May. 5	Rest						