

October

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12 Start Training!!! Rest
13 Just move your body 1 mile	14 Rest	15 1 mile	16 1 mile	17 1 mile	18 Rest	19 1 mile
20 Walk/cross	21 Rest	22 1 mile	23 2 miles	24 1 mile	25 Rest	26 2 miles
27 Walk/cross	28 Rest	29 2 miles	30 1 mile	31 2 miles		

November

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Rest 1	2 miles 2
Walk/cross 3	Rest 4	2 miles 5	2 miles 6	2 miles 7	Rest 8	2 miles 9
Walk/cross 10	Rest 11	2 miles 12	3 miles 13	2 miles 14	Rest 15	3 miles 16
Walk/cross 17	Rest 18	2 miles 19	2 miles 20	2 miles 21	Rest 22	3 miles 23
Walk/cross 24	Rest 25	3 miles 26	2 miles 27	3 miles 28	Rest 29	4 miles 30

December

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Walk/cross	2 Rest	3 3 miles	4 2 miles	5 3 miles	6 Rest	7 4 miles
8 Walk/cross	9 Rest	10 3 miles	11 2 miles	12 3 miles	13 Rest	14 5 miles
15 Walk/cross	16 Rest	17 3 miles	18 3 miles	19 3 miles	20 Rest	21 5 miles
22 Walk/cross	23 Rest	24 4 miles	25 3 miles	26 3 miles	27 Rest	28 6 miles
29 Walk/cross	30 Rest	31 3 miles				

January

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4 miles	2 3 miles	3 Rest	4 8 miles
5 Walk/Cross	6 Rest	7 4 miles	8 3 miles	9 4 miles	10 Rest	11 9 miles
12 Walk/Cross	13 Rest	14 4 miles	15 5 miles	16 4 miles	17 Rest	18 10 miles
19 Walk/Cross	20 Rest	21 4 miles	22 5 miles	23 4 miles	24 Rest	25 11 miles
26 Walk/Cross	27 Rest	28 4 miles	29 5 miles	30 6 miles	31 Rest	

February

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 12 miles
2 Walk/cross	3 Rest	3 4 miles	5 4 miles	6 3 miles	7 Rest	8 8 miles
9 Walk/cross	10 Rest	11 4 miles	12 4 miles	13 3 miles	14 Rest	15 5 miles
16 Walk/cross	17 2 miles	18 2 miles	19 Rest	20 2 miles	21 Rest	22 Race Day!!!
23	24	25	26	27	28	