

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 2 miles	17 1 mile	18 Rest	19 2 miles
20 Walk/cross	21 Rest	22 2 miles	23 1 mile	24 2 miles	25 Rest	26 3 miles
27 Walk/cross	28 Rest	29 2 miles	30 2 miles	31 2 miles		

November

2024

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

December

2024

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

January

2025

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

February

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 20 miles
2 Walk/cross	3 Rest	3 4 miles	5 6 miles	6 4 miles	7 Rest	8 12 miles
9 Walk/cross	10 Rest	11 4 miles	12 4 miles	13 4 miles	14 Rest	15 8 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	