

December

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Walk/cross	Rest	0.5 mile	1 mile	0.5 mile	Rest	1 mile
22	23	24	25	26	27	28
Walk/cross	Rest	1 mile	1 mile	1 mile	Rest	1 mile
29	30	31				
Walk/cross	Rest	1 mile				

January

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1.5 miles	2 1 mile	3 Rest	4 1.5 miles
5 Walk/Cross	6 Rest	7 1.5 miles	8 1 mile	9 1.5 miles	10 Rest	11 2 miles
12 Walk/Cross	13 Rest	14 2 miles	15 1 mile	16 2 miles	17 Rest	18 2.5 miles
19 Walk/Cross	20 Rest	21 2.5 miles	22 1.5 miles	23 2 miles	24 Rest	25 3.5 miles
26 Walk/Cross	27 Rest	28 2 miles	29 2.5 miles	30 2 miles	31 Rest	

February

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 3.5 miles
2 Walk/cross	3 Rest	3 3 miles	5 2.5 miles	6 3 miles	7 Rest	8 4.5 miles
9 Walk/cross	10 Rest	11 3.5 miles	12 2.5 miles	13 3 miles	14 Rest	15 5 miles
16 Walk/cross	17 2 miles	18 1 mile	19 Rest	20 2 miles	21 Rest	22 Race Day!!!
23	24	25	26	27	28	