

Week of	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Sep 18, 2010	3 Miles	30 Min. Walk	Rest	1.5 Miles	3 Miles	1.5 Miles	Rest
Sep 25, 2010	3.5 miles	40 Min. Walk	Rest	1.5 Miles	3 Miles	1.5 Miles	Rest
Oct 2, 2010	3 Miles	30 Min. Walk	Rest	2 Miles	3 Miles	1.5 Miles	Rest
Oct 9, 2010	4 Miles	45 Min. Walk	Rest	2 Miles	3 Miles	2 Miles	Rest
Oct 16, 2010	3 Miles	30 Min. Walk	Rest	2 Miles	3 Miles	2 Miles	Rest
Oct 23, 2010	4.5 Miles	50 Min. Walk	Rest	2 Miles	3 Miles	2 Miles	Rest
Oct 30, 2010	3 Miles	30 Min. Walk	Rest	2 Miles	3 Miles	2 Miles	Rest
Nov 6, 2010	5 Miles	55 Min. Walk	Rest	2 Miles	3 Miles	2.5 Miles	Rest
Nov 13, 2010	3 Miles	30 Min. Walk	Rest	2 Miles	3 Miles	2.5 Miles	Rest
Nov 20, 2010	5.5 Miles	60 Min. Walk	Rest	3 Miles	3 Miles	3 Miles	Rest
Nov 27, 2010	3 Miles	30 Min. Walk	Rest	3 Miles	3 Miles	3 Miles	Rest
Dec 4, 2010	6 Miles	Cross	Rest	3 Miles	3 Miles	3 Miles	Rest
Dec 11, 2010	6 Miles	Cross	Rest	3 Miles	3 Miles	3 Miles	Rest
Dec 18, 2010	7 Miles	Cross	Rest	3 Miles	4 Miles	3 Miles	Rest
Dec 25, 2010	5 Miles	Cross	Rest	3 Miles	4 Miles	3 Miles	Rest
Jan 1 2011	9 Miles	Cross	Rest	3 Miles	5 Miles	3 Miles	Rest
Jan 8 2011	10 Miles	Cross	Rest	3 Miles	5 Miles	3 Miles	Rest
Jan 15 2011	7 Miles	Cross	Rest	3 Miles	6 Miles	3 Miles	Rest
Jan 22 2011	12 Miles	Cross	Rest	3 Miles	6 Miles	3 Miles	Rest
Jan 29 2011	13 Miles	Cross	Rest	3 Miles	7 Miles	4 Miles	Rest
Feb 5 2011	10 miles	Cross	Rest	4 Miles	7 Miles	4 Miles	Rest
Feb 12 2011	15 Miles	Cross	Rest	4 Miles	8 Miles	4 Miles	Rest
Feb 19 2011	16 Miles	Cross	Rest	4 Miles	8 Miles	5 Miles	Rest
Feb 26 2011	12 Miles	Cross	Rest	5 Miles	9 Miles	5 Miles	Rest
Mar 5 2011	18 Miles	Cross	Rest	5 Miles	9 Miles	5 Miles	Rest
Mar 12 2011	14 Miles	Cross	Rest	5 Miles	10 Miles	4 Miles	Rest
Mar 19 2011	20 Miles	Cross	Rest	4 Miles	8 Miles	3 miles	Rest
Mar 26 2011	12 Miles	Cross	Rest	3 Miles	6 Miles	2 Miles	Rest
April 2 2011	8 Mile	cross	Rest	3 Miles	4 Miles	2 Miles	Rest
Apr 10, 2011	marathon						