

Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/6	Yoga, 30 min XT	5 mile run (hills)	Yoga, 30 min XT	4 mile run	Yoga, SHRED	7 mile easy run	Rest/Yoga
7/13	Yoga, 30 min XT	5 mile run (hills)	Yoga, 30 min XT	5 mile run	Yoga, SHRED	9 mile easy run	Rest/Yoga
7/20	Yoga, 30 min XT	6 mile run (hills)	Yoga, 30 min XT	4 mile run	Yoga, SHRED	12 mile easy run	Rest/Yoga
7/27	Yoga, 30 min XT	6 mile run (hills)	Yoga, 30 min XT	5 mile run	Yoga, SHRED	10 mile easy run	Rest/Yoga
8/3	Yoga, 30 min XT	6 mile run (hills)	Yoga, 30 min XT	5-7 mile run	Yoga, SHRED	13 mile easy run	Rest/Yoga
8/10	Yoga, 30 min XT	5-8 miles (hills)	Yoga, 30 min XT	5-7 mile run	Yoga, SHRED	2 mi warm up, 5k race, 1 mi cool down	Rest/Yoga
8/17	Yoga, 30 min XT	5-8 miles (hills)	Yoga, 30 min XT	5-7 mile run	Yoga, SHRED	15 mile easy run	Rest/Yoga
8/24	Yoga, 30 min XT	5-8 miles (hills)	Yoga, 30 min XT	5-7 mile run	Yoga, SHRED	14 mile easy run	Rest/Yoga
8/31	Yoga, 30 min XT	5-8 miles (hills)	Yoga, 30 min XT	5-7 mile run	Yoga, SHRED	18 mile easy run	Rest/Yoga
9/7	Yoga, 30 min XT	5-8 miles (hills)	Yoga, 30 min XT	5-7 mile run	Yoga, SHRED	20 mile easy run	Rest/Yoga
9/14	Yoga, 30 min XT	5-8 miles (hills)	Yoga, 30 min XT	5-7 mile run	Yoga, SHRED	20 mile easy run	Rest/Yoga
9/21	Yoga, 30 min XT	5-8 miles (hills)	Yoga, 30 min XT	5-7 mile run	Yoga, SHRED	15 mile easy run	Rest/Yoga
9/28	Yoga, 30 min XT	5-8 miles (hills)	Yoga, 30 min XT	5-7 mile run	Yoga, SHRED	22 mile easy run	Rest/Yoga
10/5	Yoga, 30 min XT	5-8 miles (hills)	Yoga, 30 min XT	5-7 mile run	Yoga, SHRED	15 mile easy run	Rest/Yoga
10/12	Yoga, 30 min XT	5-8 miles (hills)	Yoga, 30 min XT	5-7 mile run	Yoga, SHRED	12 mile easy run	Rest/Yoga
10/19	Yoga, 30 min XT	5-8 miles (hills)	Yoga, 30 min XT	5-7 mile run	Rest	3 mile easy run	Race Day!
10/26	Rest/2 mile walk, stretching	Massage!	2-3 mile walk	3 mile run/walk	40 minute XT	3 mile run/walk	Rest/Yoga