



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
—	—	—	—	—	—	<u>2/17</u> 1 mile
<u>2/18</u> X-train >20 min	<u>2/19</u> Rest Stretch Weights	<u>2/20</u> 1 mile	<u>2/21</u> Rest Stretch Weights	<u>2/22</u> 1 mile	<u>2/23</u> Rest	<u>2/24</u> 2 mile
<u>2/25</u> X-train >30 min	<u>2/26</u> Rest Stretch Weights	<u>2/27</u> 1.5 mile	<u>2/28</u> Rest Stretch Weights	<u>3/1</u> 1.5 mile	<u>3/2</u> Rest	<u>3/3</u> 2.5 mile
<u>3/4</u> X-train >40 min	<u>3/5</u> Rest Stretch Weights	<u>3/6</u> 2 mile	<u>3/7</u> Rest Stretch Weights	<u>3/8</u> 2 mile	<u>3/9</u> Rest	<u>3/10</u> 3 mile
<u>3/11</u> X-train >50 min	<u>3/12</u> Rest Stretch Weights	<u>3/13</u> 2 mile	<u>3/14</u> Rest Stretch Weights	<u>3/15</u> 1.5 mile	<u>3/16</u> Rest	<u>3/17</u> 