

JULY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3 miles	2 2 miles	3 3 miles	4 Rest Day - Happy 4th!	5 4 miles
6 Rest Day	7 3.5 miles	8 Rest Day	9 4 miles	10 Rest Day	11 3 miles	12 5 miles
13 Rest Day	14 4 miles	15 Rest Day	16 4.5 miles	17 Rest Day	18 3.5 miles	19 6 miles
20 Rest Day	21 5 miles	22 Rest Day	23 5 miles	24 Rest Day	25 4 miles	26 7 miles
27 Rest Day	28 6 miles	29 Rest Day	30 5 miles	31 Rest Day		

12

15.5

18

21

24

AUGUST 2014

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

SEPTEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rest Day- Happy Labor Day!	2 Rest Day	3 8 miles	4 Rest Day	5 7 miles	6 13 miles
7 Rest Day	8 7 miles	9 Rest Day	10 8 miles	11 Rest Day	12 8 miles	13 14.5 miles
14 Rest Day	15 6 miles	16 Rest Day	17 8 miles	18 Rest Day	19 6.5 miles	20 16 miles
21 Rest Day	22 6 miles	23 Rest Day	24 8 miles	25 Rest Day	26 6.5 miles	27 17.5 miles
28 Rest Day	29 8 miles	30 Rest Day				

OCTOBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8 miles	2 Rest Day	3 7 miles	4 18 miles
5 Rest Day	6 7.5 miles	7 Rest Day	8 9 miles	9 Rest Day	10 6.5 miles	11 20 miles
12 Rest Day	13 7.5 miles	14 Rest Day	15 7.5 miles	16 Rest Day	17 8 miles	18 15 miles
19 Rest Day	20 6.5 miles	21 Rest Day	22 6.5 miles	23 Rest Day	24 5 miles	25 10 miles
26 Rest Day	27 5.5 miles	28 Rest Day	29 4 miles	30 Rest Day	31 3 miles - if you want	