

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 4 miles	3 Off	4 4 miles	5 4 miles	6 Off	7 4 miles
8 5 miles	9 Off	10 3 miles	11 4 miles	12 Off	13 5 miles	14 Off
15 5 miles	16 Off	17 4 miles	18 3 miles	19 4 miles	20 5 miles	21 Off
22 5 miles	23 Off	24 4 miles w/ 4-5 strides at the end	25 Off	26 5 miles	27 Off	28 4 miles
29 6 miles long run	30 Off	31 5 miles w/ 4-5 strides at the end				

RUNNING