

exercise chart

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	miles
12/31	20-min row	3-mi rp	rest	rest	rest	Rest	6 mi rp	9
1/7	rest	rest	1.5 mi tem, w	rest	rest	Rest	6 mi rp	7.5
1/14	rest	rest	rest	rest	rest	Rest	6 mi rp	6
1/21	rest	rest	rest	rest	rest	Rest	6 mi rp	6
1/28	45-cardio	rest	rest	rest	rest	rest	7 mi rp	7
2/4	rest	rest	rest	rest	rest	rest	7 mi rp	7
2/11	rest	3-mi tem	rest	rest	rest	rest	7 mi rp	10
2/18	rest	rest	rest	rest	1 mi, w	rest	7 mi rp	8
2/25	rest	45-cardio, w	rest	rest	rest	rest	8 mi rp	8
3/4	rest	rest	5 mi tem	rest	rest	rest	7 mi rp	12
3/11	rest	rest	4 mi tem	rest	3 mi. spd	rest	8 mi rp	15
3/18	rest	rest	rest	rest	rest	rest	rest	0
3/25	rest	rest	60 min cardio	rest	rest	rest	rest	0
4/1	rest	5 mi tem	rest	4 mi. spd	rest	weights	6 mi rp	15
4/8	rest	5 mi tem	rest	rest	rest	rest	3 mi. spd	8
4/15	rest	5 mi tem	rest	rest	4 mi. spd	Rest	9 mi rp	13
4/22	rest	rest	5 mi tem	rest	4 mi. spd	Rest	9 mi rp	18
4/29	rest	rest	rest	5k GOTR	rest	rest	edm 10k	9.25
5/6	rest	rest	5 mi tem	rest	rest	Rest	8 mi rp	13
5/13	rest	rest	rest	2.25 mi spd, w	Rest	Rest	9 mi rp	11.25
5/20	rest	3 mi. spd	rest	Rest	rest	Rest	Rest	3
5/27	rest	rest	strength	Rest	rest	5k GOTR	11 mi rp	14
6/3	rest	rest	strength	strength	Rest	Rest	cardio	0
6/10	rest	3.5 mi rp	Rest	Rest	rest	Rest	Rest	3.5

12/23	Rest	Rest	Rest	Rest	Rest	Rest	Rest	0
12/30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	0

total miles: 355.75