

6/16	rest	rest	rest	rest	rest	rest	rest	0
6/23	rest	rest	rest	rest	rest	rest	rest	0
6/30	rest	rest	rest	rest	rest	rest	rest	0
7/7	rest	rest	rest	rest	rest	rest	rest	0
7/14	rest	rest	rest	rest	rest	2-mi	rest	2
7/21	rest	rest	rest	rest	rest	rest	yoga, 2-mi	2
7/28	rest	rest	rest	rest	rest	rest	yoga	0
8/4	rest	rest	rest	rest	rest	rest	rest	0
8/11	rest	rest	rest	rest	rest	rest	yoga, 2.5-mi	2.5
8/18	rest	rest	rest	rest	rest	rest	rest	0
8/25	rest	rest	rest	rest	rest	rest	rest	0
9/1	rest	rest	rest	2-mi	rest	rest	rest	2
9/8	rest	rest	rest	rest	rest	rest	4-m run	4
9/15	rest	4-m run hills	rest	rest	4-m run	rest	rest	8
9/22	rest	rest	rest	rest	rest	rest	rest	0
9/29	rest	rest	rest	rest	rest	rest	rest	0
10/6	rest	45-min rower	rest	weights	rest	45-row	30-walk/jog, weights	2
10/13	rest	weights, 15-min bike	45-row	weights, 15-min bike	rest	rest	rest	0
10/20	rest	weights, 15-min ellip	20-min cardio	weights, 15-min ellip	rest	rest	50-min rower, weights	0
10/27	45-min rower	rest	rest	weights, 15-min ellip	rest	rest	rest	0
11/3	rest	weights, 15-min ellip	rest	rest	rest	rest	rest	0
11/10	rest	rest	rest	rest	rest	rest	rest	0
11/17	rest	rest	rest	rest	rest	rest		0
11/24								0
12/1								0
12/8								0

12/15								0
12/22								0
12/29								

total miles: 87.25