



# July 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 3 MILES	19 OFF	20 3 MILES	21 OFF	22 2 MILES	23 4 MILE GROUP RUN	24 OFF
25 3 MILES	26 OFF	27 3 MILES	28 OFF	29 2 MILES	30 5 MILE GROUP RUN	31 OFF



# August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 3 MILES	2 OFF	3 4 MILES	4 OFF	5 3 MILES	6 6 MILE GROUP RUN	7 OFF
8 3 MILES	9 OFF	10 5 MILES	11 OFF	12 4 MILES	13 7 MILE GROUP RUN	14 OFF
15 4 MILES	16 OFF	17 5 MILES	18 OFF	19 4 MILES	20 8 MILE GROUP RUN	21 OFF
22 4 MILES	23 OFF	24 5 MILES	25 OFF	26 4 MILES	27 9 MILE GROUP RUN	28 OFF
29 5 MILES	30 OFF	31 5 MILES				



# September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 OFF	2 4 MILES	3 10 MILE GROUP RUN	4 OFF
5 3 MILES	6 OFF	7 5 MILES	8 OFF	9 3 MILES	10 6 MILE GROUP RUN	11 OFF
12 5 MILES	13 OFF	14 6 MILES	15 OFF	16 4 MILES	17 12 MILE GROUP RUN	18 OFF
19 5 MILES	20 OFF	21 6 MILES	22 OFF	23 3 MILES	24 13.1 MILE GROUP RUN – VIRTUAL RACE DAY	25 OFF
26 5 MILES	27 OFF	28 6 MILES	29 OFF	30 4 MILES		



# October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 <b>6 MILE GROUP RUN</b>	2 <b>OFF</b>
3 <b>3 MILES</b>	4 <b>OFF</b>	5 <b>3 MILES</b>	6 <b>2 MILES</b>	7 <b>OFF</b>	8 <b>2 MILES</b>	9 
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						