

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	19	20	21	22	23	24
3 MILES	OFF	3 MILES	OFF	2 MILES	4 MILE GROUP RUN	OFF
25	26	27	28	29	30	31
3 MILES	OFF	3 MILES	OFF	2 MILES	5 MILE GROUP RUN	OFF



August 2016

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



September 2016

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 OFF	2 4 MILES	3 10 MILE GROUP RUN	4 OFF
6 OFF	7 5 MILES	8 OFF	9 3 MILES	10 6 MILE GROUP RUN	11 OFF
13 OFF	14 6 MILES	15 OFF	16 4 MILES	17 12 MILE GROUP RUN	18 OFF
20 OFF	21 6 MILES	22 OFF	23 3 MILES	24 13.1 MILE GROUP RUN – VIRTUAL RACE DAY	25 OFF
27 OFF	28 6 MILES	29 OFF	30 4 MILES		
	6 OFF ¹³ OFF ²⁰ OFF 227	6 7 0FF 5 MILES 13 14 0FF 6 MILES 20 21 0FF 6 MILES 21 6 MILES 22 21 0FF 6 MILES	1 0FF 6 7 8 0FF 5 MILES 0FF 13 14 15 0FF 6 MILES 0FF 20 21 6 MILES 0FF 0FF 6 MILES 0FF 21 6 MILES 0FF 22 0FF 6 MILES 0FF 21 22 0FF 0FF 23 24 24 0FF 27 28 29 29	1 2 6 7 8 9 0FF 5 MILES 0FF 3 MILES 13 14 15 16 0FF 21 6 MILES 0FF 23 20 0FF 6 MILES 0FF 23 21 6 MILES 0FF 3 MILES 22 0FF 3 MILES 23 3 MILES 3 MILES 24 27 28 29 30	Image: line system Image:



October 2016

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