

June 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3 miles	2 Rest or Track	3 3 miles	4 3 miles	5 Rest	6 4 miles 7am - Germantown
					Harbortown 5K	
7 Cross	8 3 miles	9 Rest or Track	10 3 miles	11 3 miles	12 Rest	13 5 miles 7am - Midtown
						Gibson 5K
14 Cross	15 3 miles	16 Rest or Track	17 3 miles	18 3 miles	19 Rest	20 5 miles 7am - Germantown Wings on The Wolf 5K
21 Cross	22 3 miles	23 Rest or Track	24 3 miles	25 4 miles	26 Rest	27 5 miles 7am - Midtown
28 Cross	29 3 miles	30 Rest or Track				

August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8 miles 7am - Germantown Overton Park 5 Mile Classic
2 Cross	3 3 miles	4 Rest or Track	5 5 miles	6 5 miles	7 Rest	8 9 miles 7am - Midtown
9 Cross	10 3 miles	11 Rest or Track	12 5 miles	13 5 miles	14 Rest	15 10 miles 7am - Germantown Elvis Presley 5K
16 Cross	17 3 miles	18 Rest or Track	19 4 miles	20 5 miles	21 Rest	22 11 miles 6am - Midtown
23 Cross	24 3 miles	25 Rest or Track	26 6 miles	27 3 miles	28 Rest	29 12 miles 6am - Germantown
30 Breakaway Bardog 5K!	31 3 miles					

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rest or Track	2 5 miles	3 3 miles	4 Rest	5 14 miles 6 am - Midtown
6 Cross	7 3 miles	8 Rest or Track	9 6 miles	10 3 miles	11 Rest	12 9 miles 6am - Germantown
13 Cross	14 3 miles	15 Rest or Track	16 5 miles	17 3 miles	18 Rest	19 15 miles 6am - Midtown
					Cooper Young 4 miler	
20 Cross	21 3 miles	22 Rest or Track	23 7 miles	24 3 miles	25 Rest	26 16 miles 6am - Germantown
27 Cross	28 4 miles	29 Rest or Track	30 7 miles			

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 4 miles	2 Rest	3 10 miles 6am - Midtown
4 Cross	5 4 miles	6 Rest or Track	7 6 miles	8 4 miles	9 Rest	10 16 miles 6am - Germantown
11 Cross Greenline Half Marathon	12 4 miles	13 Rest or Track	14 8 miles	15 4 miles	16 Rest	17 18 miles 6am - Midtown Course Run
18 Cross	19 4 miles	20 Rest or Track	21 9 miles	22 4 miles	23 Rest	24 12 miles 6am - Germantown
25 Cross	26 5 miles	27 Rest or Track	28 5 miles	29 3 miles	30 Rest	31 20 miles 6am - Midtown Course Run

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cross	2 5 miles	3 Rest or Track	4 5 miles	5 5 miles	6 Rest	7 11 miles 6am - Germantown
8 Cross	9 6 miles	10 Rest or Track	11 7 miles	12 6 miles	13 Rest	14 22 miles 6am - Midtown Course Run
15 Cross	16 5 miles	17 Rest or Track	18 7 miles	19 5 miles	20 Rest	21 10 miles 7am - Germantown
22 Cross	23 4 miles	24 Rest or Track	25 5 miles	26 4 miles	27 Rest	28 8 miles 7am - Midtown
29 Cross	30 3 miles					

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rest or Track	2 2 miles	3 Rest	4 Rest	5 26.2 miles
						RACE DAY!!!
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		