

## June 2015

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



# August 2015

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



# October

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

# November

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

## December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rest or Track	2 3 miles	3 2 miles	4 Rest	5 13.1 miles
						<b>RACE DAY!!!</b>
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		