

january

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NEW YEAR'S DAY 1	Run 2 miles/ 3.2 km 2	3	4	Run 2 miles/ 3.2 km 5	6
7	8	Run 2 miles/ 3.2 km 9	10	11	Run 3.2 miles/ 5 km 12	13
Run 1 mile/ 1.6 km 14	15	Run 1 mile/ 1.6 km 16	17	18	Run 2 miles/ 3.2 km 19	20
Run 1 mile/ 1.6 km 21	22	Run 1 mile/ 1.6 km 23	24	25	Run 3.2 miles/ 5 km 26	27
28	29	Run 3.2 miles/ 5 km 30	31	1	Run 3.2 miles/ 5 km 2	3

NOTES:

Weekly mileage

Week 1
4 miles
6.4k

Week 2
5.2 miles
8.2k

Week 3
4 miles
6.4k

Week 4
5.2 miles
8.2k

Week 5
6.4 miles
10 k