

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan
Rest	Walk or Bike Strength Train	3 Easy	Rest	Neti-Neti Yoga 5:15pm	RUN PARKRUN	3 Easy
30-Jan	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb	5-Feb
Rest	Walk or Bike Strength Train	3 Easy	Rest	Neti-Neti Yoga 5:15pm	RUN PARKRUN	4 Easy
6-Feb	7-Feb	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb
Rest	Walk or Bike Strength Train	4 Easy	Rest	Neti-Neti Yoga 5:15pm	RUN PARKRUN	4 Easy
13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb
Rest	Walk or Bike Strength Train	4 Easy	Rest	Neti-Neti Yoga 5:15pm	RUN PARKRUN	5 Easy
20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb
Rest	Walk or Bike Strength Train	5 Easy	Rest	Neti-Neti Yoga 5:15pm	RUN PARKRUN	5 Easy
27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar
Rest	1/2 Mile Warmup 3x400 (400 Recovery) 1/2 Mile Cooldown	3 Easy	Rest	Neti-Neti Yoga 5:15pm	RUN PARKRUN	4 Easy
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar
Rest	1/2 Mile Warmup 6x400 (400 Recovery) 1/2 Mile Cooldown	4 Easy	Rest	Neti-Neti Yoga 5:15pm	RUN PARKRUN	4.5 Easy
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar
Rest	1/2 Mile Warmup 4x800 (400 Recovery) 1/2 Mile Cooldown	5 Easy	Rest	Neti-Neti Yoga 5:15pm	RUN PARKRUN	5 Easy
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar
Rest	1/2 Mile Warmup 6x800 (400 Recovery) 1/2 Mile Cooldown	Walk or Bike Strength Train	Rest	Neti-Neti Yoga 5:15pm	RUN PARKRUN	4.5 Easy
27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr	2-Apr
Rest	4 Easy	Rest	Rest	Neti-Neti Yoga 5:15pm	RACE DAY!	Recover!

\* For Interval/Tempo/Easy Paces, or anything else, please email [sam@netinewellness.com](mailto:sam@netinewellness.com)