

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

* For Interval/Tempo/Easy Paces, or anything else, please email sam@netinewellness.com