

October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Full 20 Minutes	2 Cross Train	3 Full 30 Minutes	4 Rest	5 Full 40 Minutes
6 Rest	7 Full 30 Minutes	8 Full 30 Minutes	9 Cross Train	10 Full 40 Minutes	11 Rest	12 Full 3 Miles
13 Rest	14 Full 30 Minutes	15 Full 45 Minutes	16 Cross Train	17 Full 40 Minutes	18 Rest	19 Full 4 Miles
20 Rest	21 Full 3 Miles	22 Full 4 Miles	23 Cross Train	24 Full 3 Miles	25 Rest	26 HalloweenFunRun Half 5k Full 10k
27 Rest	28 Full 3 Miles	29 Full 4 Miles	30 Cross Train	31 Full 5 Miles	1	2
3	4	Notes				

November 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 Rest	2 Full 4 Miles
3 Rest	4 Full 3 Miles	5 Full 4 Miles	6 Cross Train	7 Full 4 Miles	8 Rest	9 Full 6 Miles
10 Rest	11 Full 3 Miles	12 Full 4 Miles	13 Cross Train	14 Full 5 Miles	15 Rest	16 Full 6 Miles
17 Rest	18 Full 3 Miles	19 Full 4 Miles	20 Cross Train	21 Full 5 Miles	22 Rest	23 Full 8 Miles
24 Rest	25 Full 3 Miles	26 Full 5 Miles	27 Cross Train	28 Full 3 Miles	29 Rest	30 Full 6 Miles
1	2	Notes				

December 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest 1	Full 3 Miles 2	Full 5 Miles 3	Cross Train 4	Full 4 Miles 5	Rest 6	Full 10 Miles 7
Rest 8	Full 3 Miles 9	Full 6 Miles 10	Cross Train 11	Full 5 Miles 12	Rest 13	Spirit of Giving Race 5k 14
Rest 15	Full 3 Miles 16	Full 4 Miles 17	Cross Train 18	Full 5 Miles 19	Rest 20	Full 12 Miles 21
Rest 22	Full 5 Miles 23	Full 5 Miles 24	Cross Train 25	Full 4 Miles 26	Rest 27	Full 8 Miles 28
Rest 29	Full 3 Miles 30	Full 6 Miles 31	1	2	3	4
5	6	Notes				

January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest 29	30	31	Cross Train 1	Full 5 Miles 2	Rest 3	Full 14 Miles 4
Rest 5	Full 5 Miles 6	Full 7 Miles 7	Cross Train 8	Full 4 Miles 9	Rest 10	Full 10 Miles 11
Rest 12	Full 5 Miles 13	Full 7 Miles 14	Cross Train 15	Full 4 Miles 16	Rest 17	Full 16 Miles 18
Rest 19	Full 5 Miles 20	Full 4 Miles 21	Cross Train 22	Full 4 Miles 23	Rest 24	Full 12 Miles 25
Rest 26	Full 3 Miles 27	Full 3 Miles 28	Cross Train 29	Full 3 Miles 30	Rest 31	1
2	3	Notes				

February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 Full Kaiser Half San Francisco	3 Full 3 Miles	4 Full 5 Miles	5 Cross Train	6 Full 6 Miles	7 Rest	8 Full 12 Miles
9 Rest	10 Full 5 Miles	11 Full 6 Miles	12 Cross Train	13 Full 4 Miles	14 Rest	15 Full 20 Miles
16 Rest	17 Full 3 Miles	18 Full 4 Miles	19 Cross Train	20 Full 6 Miles	21 Rest	22 Full 12 Miles
23 Rest	24 Full 5 Miles	25 Full 7 Miles	26 Cross Train	27 Full 4 Miles	28 Rest	1
2	3	Notes				

March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1 Full 22 Miles
Rest 2	Full 3 Miles 3	Full 5 Miles 4	Cross Train 5	Full 6 Miles 6	Rest 7	10 K with a cop 8
Rest 9	Full 7 Miles 10	Full 7 Miles 11	Cross Train 12	Full 7 Miles 13	Rest 14	Door knob Day 15
Rest 16	Half and Full 4 Miles 17	Half and Full 3 Miles 18	Cross Train 19	Rest 20	2 Mile jog 21	Expo 22
Modesto Marathon 23	24	25	26	27	28	29
30	31	Notes				