

October 2024



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

November 2024



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

December 2024



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

January 2025



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

February 2025



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

March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1 Half 12 Miles
Rest 2	Half 3 Miles 3	Half 4 Miles 4	Cross Train 5	Half 4 Miles 6	Rest 7	10 K with a cop 8
Rest 9	Half 3 Miles 10	Half 4 Miles 11	Cross Train 12	Half 3 Miles 13	Rest 14	Door knob Day 15
Rest 16	Half and Full 3 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				