

October 2025



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

November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31 Rest	1 Half 4 Miles
2 Rest	3 Half 2 Miles	4 Half 3 Miles	5 Cross Train	6 Half 2 Miles	7 Rest	8 Half 5 Miles
9 Rest	10 Half 3 Miles	11 Half 3 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 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	29 Half 4 Miles
30	1	Notes				

December 2025



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

January 2026



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

February 2026



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

March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Half 8 Miles
8 Rest	9 Half 3 Miles	10 Half 4 Miles	11 Cross Train	12 Half 3 Miles	13 Rest	14 10 K with a cop Door knob day
15 9th street clean up	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	1	2	3	4
5	6	Notes				