

October 2025



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

November 2025



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

December 2025



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

January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Full 5 Miles	2 Rest	3 Full 10 Miles
4 Rest	5 Full 5 Miles	6 Full 7 Miles	7 Cross Train	8 Full 4 Miles	9 Rest	10 Full 16 Miles
11 Rest	12 Full 5 Miles	13 Full 7 Miles	14 Cross Train	15 Full 4 Miles	16 Rest	17 Full 10 Miles
18 Rest	19 Full 5 Miles	20 Full 4 Miles	21 Cross Train	22 Full 4 Miles	23 Rest	24 Full 18 Miles
25 Rest	26 Full 5 Miles	27 Full 6 Miles	28 Cross Train	29 Full 4 Miles	30 Rest	31 Full 13 miles ONLY if not running SF
1	2	Notes				

February 2026



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

March 2026



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