

October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	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 Rest	1
2	3	Notes				

November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Half 4 Miles
Rest 2	Half 2 Miles 3	Half 3 Miles 4	Cross Train 5	Half 2 Miles 6	Rest 7	Half 5 Miles 8
Rest 9	Half 3 Miles 10	Half 3 Miles 11	Cross Train 12	Half 3 Miles 13	Rest 14	Half 3 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 4 Miles 29
Rest 30	1	Notes				

December 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Half 3 Miles	2 Half 4 Miles	3 Cross Train	4 Half 4 Miles	5 Rest	6 Half 7 Miles
7 Rest	8 Half 3 Miles	9 Half 4 Miles	10 Cross Train	11 Half 3 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 4 Miles
21 Rest	22 Half 3 Miles	23 Half 3 Miles	24 Cross Train	25 Half 4 Miles	26 Rest	27 Half 8 Miles
28 Rest	29 Half 3 Miles	30 Half 4 Miles	31 Cross Train	1	2	3
4	5	Notes				

January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	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 Half 8 miles
1	2	Notes				

February 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rest	2 Half 3 Miles	3 Half 4 Miles	4 Cross Train	5 Half 3 Miles	6 Rest	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	2	3	4	5	6	7
8	9	Notes				

March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rest	2 Half 3 Miles	3 Half 5 Miles	4 Cross Train	5 Half 6 Miles	6 Rest	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 3 Miles	17 Half 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				