

October 2026



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

November 2026



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

December 2026



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

January 2027



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

February 2027



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

March 2027



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1 Full 5 Miles	2 Full 6 Miles	3 Cross Train	4 Full 4 Miles	5 Rest	6 10k with a cop
7 Rest	8 Full 5 Miles	9 Full 4 Miles	10 Cross Train	11 Full 3 Miles	12 Rest	13 Full 22 miles
14 Rest	15 Full 3 Miles	16 Full 5 Miles	17 Cross Train	18 Full 6 Miles	19 Rest	20 10 Miles
21 Rest	22 Full 7 Miles	23 Full 6 Miles	24 Cross Train	25 Full 7 Miles	26 Rest	27 Door Knob Day
28 9th Street Clean Up	29 Full 4 Miles	30 Full 3 Miles	31 Cross Train	1	2	3
4	5	Notes				

April 2027



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