

# October 2026



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

# November 2026



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

# December 2026



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

# January 2027



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

# February 2027



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

# March 2027



| Sunday                    | Monday             | Tuesday            | Wednesday         | Thursday           | Friday     | Saturday            |
|---------------------------|--------------------|--------------------|-------------------|--------------------|------------|---------------------|
| 28                        | 1<br>Half 3 Miles  | 2<br>Half 4 Miles  | 3<br>Cross Train  | 4<br>Half 3 Miles  | 5<br>Rest  | 6<br>10K WITH A COP |
| 7<br>Rest                 | 8<br>Half 3 Miles  | 9<br>Half 4 Miles  | 10<br>Cross Train | 11<br>Half 3 Miles | 12<br>Rest | 13<br>Half 12 Miles |
| 14<br>Rest                | 15<br>Half 3 Miles | 16<br>Half 4 Miles | 17<br>Cross Train | 18<br>Half 3 Miles | 19<br>Rest | 20<br>Half 8 Miles  |
| 21<br>Rest                | 22<br>Half 3 Miles | 23<br>Half 4 Miles | 24<br>Cross Train | 25<br>Half 3 Miles | 26<br>Rest | 27<br>Door knob day |
| 28<br>9th street clean up | 29<br>Half 2 Miles | 30<br>Half 2 Miles | 31<br>Cross Train | 1                  | 2          | 3                   |
| 4                         | 5                  | Notes              |                   |                    |            |                     |