

FLEET FEET Running Club

FOX VALLEY

week of	Week #	Mileage	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11-Feb	1	30-34	4-6	3	6mi workout	5-7	0	12mi long	Rest
18-Feb	2	29-33	4-6	0-4	6mi workout	5-7	0	13mi long	Rest
25-Feb	3	27-35	4-6	0-4	6-MM	5-7	0	12mi workout	Rest
4-Mar	4	30-42	4-6	0-4	7mi workout	5-7	0-4	14mi long	Rest
11-Mar	5	30-42	4-6	0-4	7mi workout	5-7	0-4	14mi workout	Rest
18-Mar	6	31-43	4-6	0-4	6mi workout	5-7	0-4	16mi long	Rest
25-Mar	7	32-44	4-6	0-4	7mi workout	5-7	0-4	16 mi workout	Rest
1-Apr	8	35-49	5-7	0-4	8-MM	4-7	0-5	18 mi long	Rest
8-Apr	9	34-48	5-7	0-4	8mi workout	4-7	0-5	15mi workout	Rest
15-Apr	10	36-53	5-8	0-4	8mi workout	5-8	0-5	20mi long	Rest
22-Apr	11	32-46	5-7	0-4	8mi workout	4-7	0-5	16mi workout	Rest
29-Apr	12	37-53	5-8	0-4	7-MM	5-8	0-5	20mi long	Rest
6-May	13	28-32	3-5	0	8mi workout	3-5	0	14	Rest
13-May	14	38-48	0-5	2-4	6mi workout	3	0-3	2-3	Cellcom Full