

# FLEET FEET Running Club

FOX VALLEY

week of	Week #	Mileage	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11-Feb	1	15-20	3-4	0-3	4	3-4		5mi long	
18-Feb	2	16-21	3-4	0-3	4	3-4		6mi long	
25-Feb	3	20-28	4-6	0-4	6-MM	4-6		6mi workout	
4-Mar	4	21-33	4-6	0-4	6mi workout	4-6	0-4	7mi long	
11-Mar	5	22-34	4-6	0-4	6mi workout	4-6	0-4	8mi long	
18-Mar	6	23-35	4-6	0-4	5.5mi workout	4-6	0-4	9mi long	
25-Mar	7	22-34	4-6	0-4	6mi workout	4-6	0-4	8mi workout	
1-Apr	8	26-40	5-7	0-4	6-MM	4-7	0-5	11mi long	
8-Apr	9	28-42	5-7	0-4	7mi workout	4-7	0-5	11mi long	
15-Apr	10	30-45	5-8	0-4	7mi workout	5-8	0-5	12mi long	
22-Apr	11	27-41	5-7	0-4	7mi workout	4-7	0-5	11mi workout	
29-Apr	12	30-45	5-8	0-4	7-MM	5-8	0-5	12mi long	
6-May	13	21-25	3-5	0	7mi workout	3-5	0	8mi long	
13-May	14	24-35	0-5	2-4	4mi workout	3	0-3	2-3	Cellcom Half