

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 1 mile	5 30 sec. x 10	6 1 mile	7 30 sec. x 10	8 1 mile	9 30 sec. x 10
10 YOGA	11 1.25 miles	12 45 sec. x 8	13 YOGA	14 1.5 miles	15 45 sec. x 8	16 YOGA
17 2.25 miles	18 1.5 miles	19 45 sec. x 8	20 YOGA	21 1.75 miles	22 45 sec. x 8	23 YOGA
24 2.75 miles	25 1.75 miles	26 45 sec. x 10	27 YOGA	28 2.25 miles	29 45 sec. x 10	30 YOGA
31 3.0 miles						