


| Week | Date | Weekly Goal | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------------------------|----------------|-------------|----------------|-----------------|------------------|----------|------------------|------------------|--------|
|  | Example | 20 miles | 4miles 4/20 | 5 miles 9/20 | 3 miles 12/20 | Rest | 4 miles 16/20 | 4 miles 20/20 | Rest |
| WEEK | DATE | | | | | | | | |
| 1 | Nov 1 - 5 | | | | | | | | |
| 2 | Nov 6 - 12 | | | | | | | | |
| 3 | Nov 13 - 19 | | | | | | | | |
| 4 | Nov 20 - 26 | | | | | | | | |
| 5 | Nov 27 - Dec 3 | | | | | | | | |
| 6 | Dec 4 - 10 | | | | | | | | |
| 7 | Dec 11 - 17 | | | | | | | | |
| 8 | Dec 18 - 24 | | | | | | | | |
| 9 | Dec 25 - Jan 1 | | | | | | | | |

Coach Jenny's

HOLIDAY CHALLENGE

BEAT THE HOLIDAY 5!