

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 4 - 10								
2	Nov 11 - 17								
3	Nov 18 - 24								
4	Nov 25 - 1								
5	Dec 2 - 8								
6	Dec 9 - 15								
7	Dec 16 - 22								
8	Dec 23 - 29								
9	Dec 30 - Jan 1								

Coach Jenny's

HOLIDAY CHALLENGE

BEAT THE HOLIDAY 5!