



JG to Donna Transition
2016-2017
Master Schedule



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday - 26.2 with Donna	Saturday - Donna Half
Dec 11 - 17	Run JG13.1	30 min r/w	off/XT	30 min r/w	easy walk	off	5 miles easy	5 miles easy
Dec 18 - 24	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	4 miles w/MM	4 miles w/MM
Dec 25 - 31	off/XT	30-35 min r/w	off/XT	30-35 min r/w	easy walk	off	10 mile walk + 13 mile run/walk	10 miles
Jan 1 - 7	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	5 miles easy	5 miles
Jan 8 - 14	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	5 miles easy	12 miles
Jan 15 - 21	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	26 miles	4 miles w/MM
Jan 22 - 28	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	5 miles easy	14 miles
Jan 29 - Feb 4	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	4 miles w/MM	5 miles
Feb 5 - 11	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	easy walk	off	off
Feb 12 - 18	Run Donna	easy walk	off/XT	30-40 min r/w	easy walk	off	5 miles easy	5 miles easy