

2020

DECEMBER

M	T	W	T	F	S	S
30	1	2 See Training Plan for Mid week workout	3	4	5 LR- 14mi Last 2 miles goal marathon	6
7	8	9 See Training Plan for Mid week workout	10	11	12 LR- 15-16mi	13
14	15	16 See Training Plan for Mid week workout	17	18	19 LR- 17mi	20
21	22	23 See Training Plan for Mid week workout	24	25	26 LR- 8-10mi	27
28	29	30 See Training Plan for Mid week workout	31	1	2 LR- 15miles	3
4	5	6 See Training Plan for Mid week workout	7	8	9 LR- 16 miles	10