

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 |