

Week	Date	Monday	Tuesday	Wednes.	Thurs.	Friday	Saturday	Sunday	Wk. Mile	Event
1	Sep-09	OFF	3	4	4	OFF	3	6	20	<p align="center">Servis1st Bank Mobile Marathon presented by Infirmay Health</p> <p align="center">Race Date Sunday January 12, 2020</p>
2	Sep-16	OFF	4	4	4	OFF	3	7	22	
3	Sep-23	OFF	4	5	4	OFF	4	8	25	
4	Sep-30	OFF	5	4	5	OFF	4	9	27	
5	Oct-07	OFF	6	5	6	OFF	4	10	31	
6	Oct-14	OFF	6	6	6	OFF	3	7	28	
7	Oct-21	OFF	4	6	6	OFF	4	12	32	
8	Oct-28	OFF	6	6	6	OFF	4	13	35	
9	Nov-04	OFF	7	6	6	OFF	4	10	33	
10	Nov-11	OFF	6	7	5	OFF	4	15	37	
11	Nov-18	OFF	5	8	6	OFF	4	16	39	
12	Nov-25	OFF	5	8	6	OFF	4	12	35	
13	Dec-02	OFF	5	9	4	OFF	4	18	40	
14	Dec-09	OFF	5	9	5	OFF	4	19	42	Full Marathon
15	Dec-16	OFF	6	10	6	OFF	4	14	40	<p align="center">Training Schedule</p>
16	Dec-23	OFF	6	8	6	OFF	4	20	44	
17	Dec-30	OFF	4	6	4	OFF	4	8	26	
18	Jan-06	OFF	3	4	3	OFF	2	RACE	38	