

Week	Date	Monday	Tuesday	Wednes.	Thurs.	Friday	Saturday	Sunday	Wk. Mile	Event
1	Sep-09	OFF	1.5	2	2	OFF	1.5	3	10	<p>Servis1st Bank Mobile Marathon presented by Infirmay Health</p> <p>Race Date Sunday January 12, 2020</p>
2	Sep-16	OFF	2	2	2	OFF	1.5	3.5	11	
3	Sep-23	OFF	2	2.5	2	OFF	2	4	12.5	
4	Sep-30	OFF	2.5	2	2.5	OFF	2	4.5	13.5	
5	Oct-07	OFF	3	2.5	3	OFF	2	5	15.5	
6	Oct-14	OFF	3	3	3	OFF	1.5	3.5	14	
7	Oct-21	OFF	2	3	3	OFF	2	6	16	
8	Oct-28	OFF	3	3	3	OFF	2	6.5	17.5	
9	Nov-04	OFF	3.5	3	3	OFF	2	5	16.5	
10	Nov-11	OFF	3	3.5	2.5	OFF	2	7.5	18.5	
11	Nov-18	OFF	2.5	4	3	OFF	2	8	19.5	
12	Nov-25	OFF	2.5	4	3	OFF	2	6	17.5	
13	Dec-02	OFF	2.5	4.5	2	OFF	2	9	20	
14	Dec-09	OFF	2.5	4.5	2.5	OFF	2	9.5	21	Half Marathon
15	Dec-16	OFF	3	5	3	OFF	2	7	20	<p>Training Schedule</p>
16	Dec-23	OFF	3	4	3	OFF	2	10	22	
17	Dec-30	OFF	2	3	2	OFF	2	4	13	
18	Jan-06	OFF	1.5	2	1.5	OFF	1	RACE	32	