

August

2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|-------------|-----------|--------------|--------|-------------|
| 28 | 29 | 30 | 31 | 1 1 mi | 2 | 3 1 mi |
| 4 | 5 | 6 1.5 mi | 7 | 8 2mi | 9 | 10 2 mi |
| 11 | 12 | 13 1.5mi | 14 | 15 2.5 mi | 16 | 17 3 mi |
| 18 | 19 | 20 2.5mi | 21 | 22 3mi | 23 | 24 3.5mi |
| 25 | 26 | 27 2.5mi | 28 | 29 3 mi | 30 | 31 3mi |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Notes:



Coach Christina Simon
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September

2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|--------|-----------|-----------|-----------|--------|---------------------|
| 1 | 2 | 3 3mi | 4 | 5 4mi | 6 | 7 5mi |
| 8 | 9 | 10 4mi | 11 | 12 3mi | 13 | 14 4mi |
| 15 | 16 | 17 3mi | 18 | 19 2mi | 20 | 21 3mi |
| 22 | 23 | 24 3mi | 25 | 26 3mi | 27 | 28 Big Pete's 8k |
| 29 REST | 30 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |

Notes:



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October

2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|-----------|-----------|-----------|--------|-----------|
| 29 | 30 | 1 3mi | 2 | 3 3mi | 4 | 5 4mi |
| 6 | 7 | 8 3mi | 9 | 10 3mi | 11 | 12 5mi |
| 13 | 14 | 15 5mi | 16 | 17 4mi | 18 | 19 6mi |
| 20 | 21 | 22 4mi | 23 | 24 3mi | 25 | 26 5mi |
| 27 | 28 | 29 5mi | 30 | 31 4mi | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |

Notes:



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November

2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|--------|-----------|-----------|-----------|--------|-----------------------|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 4 mi |
| 3 | 4 | 5 3mi | 6 | 7 3mi | 8 | 9 Cajun Cup 10k |
| 10 REST | 11 | 12 3mi | 13 | 14 4mi | 15 | 16 4mi |
| 17 | 18 | 19 3mi | 20 | 21 4mi | 22 | 23 6mi |
| 24 | 25 | 26 5mi | 27 | 28 4mi | 29 | 30 7mi |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Notes:



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December

2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|-----------|-----------|-----------|--------|------------|
| 1 | 2 | 3 6mi | 4 | 5 5mi | 6 | 7 7 mi |
| 8 | 9 | 10 5mi | 11 | 12 5mi | 13 | 14 8 mi |
| 15 | 16 | 17 5mi | 18 | 19 7mi | 20 | 21 9 mi |
| 22 | 23 | 24 6mi | 25 | 26 7mi | 27 | 28 10mi |
| 29 | 30 | 31 7mi | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |

Notes:



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January

2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|--------|-----------|-----------|-----------|--------|--------------------------|
| 29 | 30 | 31 | 1 | 2 7mi | 3 | 4 8mi |
| 5 | 6 | 7 6mi | 8 | 9 5mi | 10 | 11 7mi |
| 12 | 13 | 14 6mi | 15 | 16 4mi | 17 | 18 6 mi |
| 19 | 20 | 21 5m | 22 | 23 4mi | 24 | 25 Al Comeaux LA10 |
| 26 REST | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |

Notes:



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