

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
1	1/7/18	1/8/18	1/9/18	1/10/18	1/11/18	1/12/18	1/13/18
	SEATTLE WALK RUN STARTS ON SATURDAY						3A miles
2	1/14/18	1/15/18	1/16/18	1/17/18	1/18/18	1/19/18	1/20/18
	off	25 min	30 min	off	25 min	off	4A miles
3	1/21/18	1/22/18	1/23/18	1/24/18	1/25/18	1/26/18	1/27/18
	off	30 min	35 min	off	30 min	off	5A miles
4	1/28/18	1/29/18	1/30/18	1/31/18	2/1/18	2/2/18	2/3/18
	off	35 min	40 min	off	30 min	off	6A miles
5	2/4/18	2/5/18	2/6/18	2/7/18	2/8/18	2/9/18	2/10/18
	off	40 min	50 hill	off	40 min	off	8A miles
6	2/11/18	2/12/18	2/13/18	2/14/18	2/15/18	2/16/18	2/17/18
	off	40 min	50 hill	off	40 min	off	9A miles
7	2/18/18	2/19/18	2/20/18	2/21/18	2/22/18	2/23/18	2/24/18
	off	40 min	50 hill	off	40 min	off	7B miles
8	2/25/18	2/26/18	2/27/18	2/28/18	3/1/18	3/2/18	3/3/18
	off	35 min	10×30/30	off	40 min	off	10A miles
9	3/4/18	3/5/18	3/6/18	3/7/18	3/8/18	3/9/18	3/10/18
	off	35 min	12×30/30	off	40 min	off	12A miles
10	3/11/18	3/12/18	3/13/18	3/14/18	3/15/18	3/16/18	3/17/18
	off	35 min	14×30/30	off	40 min	off	13B miles
11	3/18/18	3/19/18	3/20/18	3/21/18	3/22/18	3/23/18	3/24/18
	off	35 min	6×60/60	off	40 min	off	11A miles
12	3/25/18	3/26/18	3/27/18	3/28/18	3/29/18	3/30/18	3/31/18
	off	35 min	8×60/60	off	30 min	off	15A miles
13	4/1/18	4/2/18	4/3/18	4/4/18	4/5/18	4/6/18	4/7/18
	off	35 min	10×60/60	off	40 min	off	13B miles
14	4/8/18	4/9/18	4/10/18	4/11/18	4/12/18	4/13/18	4/14/18
	off	30 min	6×120/120	off	30 min	off	17A miles
15	4/15/18	4/16/18	4/17/18	4/18/18	4/19/18	4/20/18	4/21/18
	off	35 min	4×180/180	off	25 min	off	10B miles
16	4/22/18	4/23/18	4/24/18	4/25/18	4/26/18	4/27/18	4/28/18
	off	35 min	6×180/180	off	40 min	off	19A miles
17	4/29/18	4/30/18	5/1/18	5/2/18	5/3/18	5/4/18	5/5/18
	off	35 min	2×240/240	off	25 min	off	12A miles
18	5/6/18	5/7/18	5/8/18	5/9/18	5/10/18	5/11/18	5/12/18
	off	35 min	4×240/240	off	40 min	off	11A miles
19	5/13/18	5/14/18	5/15/18	5/16/18	5/17/18	5/18/18	5/19/18
	off	40 min	50 hill	off	25 min	off	21A miles
20	5/20/18	5/21/18	5/22/18	5/23/18	5/24/18	5/25/18	5/26/18
	off	30 min	40 hill	off	25 min	off	6A miles
21	5/27/18	5/28/18	5/29/18	5/30/18	5/31/18	6/1/18	6/2/18
	off	25 min	30 hill	off	25 min	off	4A miles
22	6/3/18	6/4/18	6/5/18	6/6/18	6/7/18	6/8/18	6/9/18
	off	30 min	40 hill	off	40 min	off	RnR 5K

23	6/10/18	6/11/18	6/12/18	6/13/18	6/14/18	6/15/18	6/16/18
	Race Day	off	off	off	off	off	off