

Sum of Miles					Day						
Week	Date	Program	Mile+Desc	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Grand Total
1	Jun-07	1-Novice	0: Recovery		0						0
	Jun-08	1-Novice	3		3						3
	Jun-09	1-Novice	3			3					3
	Jun-10	1-Novice	3				3				3
	Jun-11	1-Novice	0: Recovery					0			0
	Jun-12	1-Novice	6						6		6
	Jun-13	1-Novice	0: Cross train							0	0
1 Total				0	3	3	3	0	6	0	15
2	Jun-14	1-Novice	0: Recovery		0						0
	Jun-15	1-Novice	3		3						3
	Jun-16	1-Novice	3			3					3
	Jun-17	1-Novice	3				3				3
	Jun-18	1-Novice	0: Recovery					0			0
	Jun-19	1-Novice	7						7		7
	Jun-20	1-Novice	0: Cross train							0	0
2 Total				0	3	3	3	0	7	0	16
3	Jun-21	1-Novice	0: Recovery		0						0
	Jun-22	1-Novice	3		3						3
	Jun-23	1-Novice	4			4					4
	Jun-24	1-Novice	3				3				3
	Jun-25	1-Novice	0: Recovery					0			0
	Jun-26	1-Novice	5						5		5
	Jun-27	1-Novice	0: Cross train							0	0
3 Total				0	3	4	3	0	5	0	15
4	Jun-28	1-Novice	0: Recovery		0						0
	Jun-29	1-Novice	3		3						3
	Jun-30	1-Novice	4			4					4
	Jul-01	1-Novice	3				3				3
	Jul-02	1-Novice	0: Recovery					0			0
	Jul-03	1-Novice	9						9		9
	Jul-04	1-Novice	0: Cross train							0	0
4 Total				0	3	4	3	0	9	0	19
5	Jul-05	1-Novice	0: Recovery		0						0
	Jul-06	1-Novice	3		3						3
	Jul-07	1-Novice	5			5					5
	Jul-08	1-Novice	3				3				3
	Jul-09	1-Novice	0: Recovery					0			0
	Jul-10	1-Novice	10						10		10
	Jul-11	1-Novice	0: Cross train							0	0
5 Total				0	3	5	3	0	10	0	21

6	Jul-12	1-Novice	0: Recovery	0								0
	Jul-13	1-Novice	3			3						3
	Jul-14	1-Novice	5				5					5
	Jul-15	1-Novice	3					3				3
	Jul-16	1-Novice	0: Recovery						0			0
	Jul-17	1-Novice	7							7		7
	Jul-18	1-Novice	0: Cross train								0	0
6 Total				0	3	5	3	0	7	0		18
7	Jul-19	1-Novice	0: Recovery	0								0
	Jul-20	1-Novice	3			3						3
	Jul-21	1-Novice	6				6					6
	Jul-22	1-Novice	3					3				3
	Jul-23	1-Novice	0: Recovery						0			0
	Jul-24	1-Novice	12							12		12
	Jul-25	1-Novice	0: Cross train								0	0
7 Total				0	3	6	3	0	12	0		24
8	Jul-26	1-Novice	0: Recovery	0								0
	Jul-27	1-Novice	3			3						3
	Jul-28	1-Novice	6				6					6
	Jul-29	1-Novice	3					3				3
	Jul-30	1-Novice	0: Recovery						0			0
	Jul-31	1-Novice	13							13		13
	Aug-01	1-Novice	0: Cross train								0	0
8 Total				0	3	6	3	0	13	0		25
9	Aug-02	1-Novice	0: Recovery	0								0
	Aug-03	1-Novice	3			3						3
	Aug-04	1-Novice	7				7					7
	Aug-05	1-Novice	4					4				4
	Aug-06	1-Novice	0: Recovery						0			0
	Aug-07	1-Novice	10							10		10
	Aug-08	1-Novice	0: Cross train								0	0
9 Total				0	3	7	4	0	10	0		24
10	Aug-09	1-Novice	0: Recovery	0								0
	Aug-10	1-Novice	3			3						3
	Aug-11	1-Novice	7				7					7
	Aug-12	1-Novice	4					4				4
	Aug-13	1-Novice	0: Recovery						0			0
	Aug-14	1-Novice	15							15		15
	Aug-15	1-Novice	0: Cross train								0	0
10 Total				0	3	7	4	0	15	0		29
11	Aug-16	1-Novice	0: Recovery	0								0
	Aug-17	1-Novice	4			4						4

	Aug-18	1-Novice	8				8					8				
	Aug-19	1-Novice	4					4				4				
	Aug-20	1-Novice	0: Recovery						0			0				
	Aug-21	1-Novice	16							16		16				
	Aug-22	1-Novice	0: Cross train								0	0				
11 Total									0	4	8	4	0	16	0	32
12	Aug-23	1-Novice	0: Recovery						0							0
	Aug-24	1-Novice	4				4									4
	Aug-25	1-Novice	8					8								8
	Aug-26	1-Novice	5						5							5
	Aug-27	1-Novice	0: Recovery							0						0
	Aug-28	1-Novice	12								12					12
	Aug-29	1-Novice	0: Cross train									0				0
12 Total									0	4	8	5	0	12	0	29
13	Aug-30	1-Novice	0: Recovery						0							0
	Aug-31	1-Novice	4				4									4
	Sep-01	1-Novice	9					9								9
	Sep-02	1-Novice	5						5							5
	Sep-03	1-Novice	0: Recovery							0						0
	Sep-04	1-Novice	18								18					18
	Sep-05	1-Novice	0: Cross train									0				0
13 Total									0	4	9	5	0	18	0	36
14	Sep-06	1-Novice	0: Recovery						0							0
	Sep-07	1-Novice	5				5									5
	Sep-08	1-Novice	9					9								9
	Sep-09	1-Novice	5						5							5
	Sep-10	1-Novice	0: Recovery							0						0
	Sep-11	1-Novice	14								14					14
	Sep-12	1-Novice	0: Cross train									0				0
14 Total									0	5	9	5	0	14	0	33
15	Sep-13	1-Novice	0: Recovery						0							0
	Sep-14	1-Novice	5				5									5
	Sep-15	1-Novice	10					10								10
	Sep-16	1-Novice	5						5							5
	Sep-17	1-Novice	0: Recovery							0						0
	Sep-18	1-Novice	20: The 20 Miler								20					20
	Sep-19	1-Novice	0: Cross train									0				0
15 Total									0	5	10	5	0	20	0	40
16	Sep-20	1-Novice	0: Recovery						0							0
	Sep-21	1-Novice	5				5									5
	Sep-22	1-Novice	8					8								8
	Sep-23	1-Novice	4								4					4

	Sep-24	1-Novice	0: Recovery							0		0					
	Sep-25	1-Novice	12							12		12					
	Sep-26	1-Novice	0: Cross train								0	0					
16 Total										0	5	8	4	0	12	0	29
17	Sep-27	1-Novice	0: Recovery							0							0
	Sep-28	1-Novice	4								4						4
	Sep-29	1-Novice	6									6					6
	Sep-30	1-Novice	3										3				3
	Oct-01	1-Novice	0: Recovery											0			0
	Oct-02	1-Novice	8												8		8
	Oct-03	1-Novice	0: Cross train													0	0
17 Total										0	4	6	3	0	8	0	21
18	Oct-04	1-Novice	0: Recovery							0							0
	Oct-05	1-Novice	3								3						3
	Oct-06	1-Novice	4									4					4
	Oct-07	1-Novice	2										2				2
	Oct-08	1-Novice	0: Recovery											0			0
	Oct-09	1-Novice	0: Recovery												0		0
	Oct-10	1-Novice	26.2: Race day!													26	26.2
18 Total										0	3	4	2	0	0	26	35.2