

	MON	TUES	WED	THUR	FRI	SAT
Week of 8/19/24			(8/21)			(8/24)
4 Miler			X			1.5M
Week of 8/26/24			(8/28)			(8/31)
4 Miler			1.5M			2M
Week of 9/2/24			(9/4)			(9/7)
4 Miler			2M			2.5M
Week of 9/9/24			(9/11)			(9/14)
4 Miler			2M			3M- 3.5M
Week of 9/16/24			(9/18)			(9/21)
4 Miler			2M			3.5M
Week of 9/23/24			(9/25)			(9/28)
4 Miler			2M			4M
Week of 9/30/24			(10/2)			(10/5)
4 Miler			2M			3M
Week of 10/7/24			(10/9)			(10/12)
4 Miler			2M			QUEEN BEE 4 MILER!