

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	1 mile	Cross	.5 mile	1 mile	Cross	2 miles
Rest	1 mile	Cross	1 mile	1 mile	Cross	3 miles
Rest	1.5 miles	Cross	1 mile	1.5 miles	Cross	3 miles
Rest	2 miles	Cross	1.5 miles	2 miles	Cross	4 miles
Rest	2.5 miles	Cross	1.5 miles	2.5 miles	Cross	4 miles
Rest	3 miles	Cross	2 miles	3 miles	Cross	5 miles
Rest	3 miles	Cross	2 miles	3 miles	Cross	5 miles
Rest	3 miles	Cross	2 miles	3 miles	Cross	6 miles

Rest	3.5 miles	Cross	2 miles	3.5 miles	Cross	6 miles
Rest	4 miles	Cross	2.5 miles	4 miles	Cross	3 miles
Rest	4 miles	Cross	2.5 miles	4 miles	Cross	7 miles
Rest	4.5 miles	Cross	2.5 miles	4.5 miles	Cross	8 miles
Rest	5 miles	Cross	3 miles	5 miles	Cross	6 miles
Rest	5 miles	Cross	3 miles	5 miles	Cross	9 miles
Rest	4 miles	Cross	3 miles	5 miles	Cross	10 miles
Rest	4 miles	Cross	Rest	Rest	Rest	RACE DAY!!