TRAINING CALENDARS
FOR RUNNERS

TAYLOR'S TRAINING SCHEDULE | FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTAL
	1 Run 3 miles 6 am	**2** Pilates 5:30 am	**3** Run 4 miles 6 am	**4** Yoga 5:30 am	**5** Run 5 miles 7 am	**6** Weight Training 11:30 am	Ran 12 miles
7 Core Workout 7 pm	**8** Run 4 miles 6 am	**9** Pilates 5:30 am	**10** Run 4 miles 6 am	**11** Yoga 5:30 am	**12** Run 6 miles 7 am	**13** Weight Training 11:30 am	Ran 14 miles
14 Off day	**15** Run 4 miles 6 am	**16** Pilates 5:30 am	**17** Run 4 miles 6 am	**18** Yoga 5:30 am	**19** Run 7 miles 7 am	**20** Weight Training 11:30 am	Ran 15 miles
21 Core Workout 7 pm	**22** Run 5 miles 6 am	**23** Pilates 5:30 am	**24** Run 5 miles 6 am	**25** Yoga 5:30 am	**26** Run 8 miles 7 am	**27** Off day	Ran 18 miles
28 Off day							