

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5/8	off	2 miles	off	2 miles	off	3 miles	3 miles
5/15	off	3 miles	off	3 miles	off	4 miles	3 miles
5/22	off	3 miles	off	4 miles	off	5 miles	3 miles
5/29	off	4 miles	off	4 miles	off	6 miles	3 miles
6/5	off	5 miles	off	5 miles	off	7 miles	2-3 miles
6/12	off	5 miles	off	5 miles	off	7 miles	2-3 miles
6/19	off	6 miles	off	5 miles	off	7 miles	2-3 miles
6/26	off	6 miles	off	4 miles	off	8 miles	2-3 miles
7/3	off	6 miles	off	4 miles	off	8 miles	2-3 miles
7/10	off	5-6 miles	off	4-5 miles	off	9 miles	2-3 miles
7/17	off	5-6 miles	off	4-5 miles	off	9 miles	2-3 miles
7/24	off	6 miles	off	5 miles	off	10 miles	2 miles
7/31	off	6 miles	off	5 miles	off	10 miles	2 miles
8/7	off	5-6 miles	off	4-5 miles	off	11 miles	2 miles
8/21	off	5-6 miles	off	4-5 miles	off	12 miles	2 miles
8/28	off	5-6 miles	off	4-5 miles	off	6 miles	3 miles
9/3	off	4-5 miles	off	4-5 miles	off	<b>13.1 miles!</b>	