



**ReFit UrbanAthlon Running Guide**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage Per Week
Week 6 [Week of September 12]		5		4		6		15
Week 7 [Week of September 19]		5		4		7		16
Week 8 [Week of September 26]		5		4		6		15
Week 9 [Week of October 3]		6		5		7		18
Week 10 [Week of October 10]		6		5		9		19
Week 11 [Week of October 17]		7		5		6		18
Week 12 [Week of October 24]		6		4		RACE		