

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Cross Train Sturgis 1/2 Marathon	30 3 miles - 1/2	1 3 miles - 1/2 7 miles - M Dave Eisenbast BD RM - Randy Sacco Ron Mowers BD	2 Cross Train	3 3 miles - 1/2 5 miles - M	4 Independence Day Rest	5 12 miles - M 4 miles - 1/2 RM - Jenn Schaeffer
6 Cornman Tri Cross Train	7 3 miles - 1/2 5 miles - M	8 3 miles - 1/2 8 miles - M RM - Paul Kallio	9 Cross Train	10 3 miles - 1/2 5 miles - M	11 Rest	12 16 mile - M 5 miles - 1/2 Midnight Madness RM - Bill Pattinson
13 Cross Train	14 3 miles - 1/2 5 miles - M	15 4 miles - 1/2 8 miles - M RM - Mike Wheelock	16 Cross Train	17 3 miles - 1/2 5 miles - M	18 Erin Pederson BD Rest	19 13 miles - M 6 mile - 1/2 Okoboji Events RM - Julie Vardaman
20 Cross Train	21 3 miles - 1/2 5 miles - M	22 4 miles - 1/2 9 miles - M RM - Linda Lehman	23 Cross Train	24 3 miles - 1/2 6 miles - M	25 Rest	26 17 miles - M 5 miles - 1/2 BIX 7 RM - Mary Schrunk
27 Big Creek Tri Cross Train	28 3 miles - 1/2 5 miles - M	29 4 miles - 1/2 9 miles - M RM - Erin Pederson	30 Cross Train	31 4 miles - 1/2 6 miles - M	1 Rest	2 18 miles - M 7 miles - 1/2 RM - Kori Heuss

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27	28	29	30	31	1	2
Big Creek Tri	3 miles - 1/2	4 miles - 1/2	Cross Train	4 miles - 1/2	Rest	18 miles - M
Cross Train	5 miles - M	9 miles - M		6 miles - M		7 miles - 1/2
		RM - Erin Pederson				RM - Kori Heuss
3	4	5	6	7	8	9
Cross Train	3 miles - 1/2	5 miles - 1/2	Cross Train	4 miles - 1/2	Rest	13 miles - M
	6 miles - M	8 miles - M		6 miles - M		8 miles - 1/2
		RM - Chris Keenan				Dutchman 1/2 Iron...
						RM - Laura Merrick
10	11	12	13	14	15	16
Chicago 1/2 Marathon	3 miles - 1/2	10 miles - M	Cross Train	4 miles - 1/2	Rest	20 miles - M
Cross Train	6 miles - M	4 miles - 1/2		6 miles - M		6 mile - 1/2
		RM - Jody Gatewood				RM - Kecia Goodman
17	18	19	20	21	22	23
Cross Train	3 miles - 1/2	5 miles - 1/2	Cross Train	4 miles - 1/2	Rest	15 miles - M
	6 miles - M	8 miles - M		6 miles - M		5K for Life
		RM - Margaret Epplin				9 mile - 1/2
						RM - Greg Wool
						Russ Laczniak BD
24	25	26	27	28	29	30
Cross Train	3 miles - 1/2	10 miles - M	Cross Train	4 miles - 1/2	Rest	10 miles - 1/2
Hickory Grove Tri	6 miles - M	6 mile - 1/2		6 miles - M		20 miles - M
		RM - Natalie Welter				RM - Chris Delaney
31	1	2	3	4	5	6
Cross Train	3 miles - 1/2	5 miles - 1/2	Cross Train	4 miles - 1/2	Rest	13 miles - M
	6 miles - M	8 miles - M		6 miles - M		8 miles - 1/2
		RM - Dale Weber				Park to Park 1/2 Ma...
						RM - Beth Osowski

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31 Cross Train	1 3 miles - 1/2 6 miles - M	2 5 miles - 1/2 8 miles - M RM - Dale Weber	3 Cross Train	4 4 miles - 1/2 6 miles - M	5 Rest	6 13 miles - M 8 miles - 1/2 Park to Park 1/2 Ma... RM - Beth Osowski
7 Cross Train CyMan Tri	8 3 miles - 1/2 6 miles - M Paul Kallio BD	9 10 miles - M 6 mile - 1/2 RM - Lisa Mondt	10 Cross Train	11 4 miles - 1/2 6 miles - M	12 Rest	13 11 miles - 1/2 15 miles - CM 20 miles - TCM & D... RM - Tom Schultz
14 Cross Train	15 4 miles - 1/2 4 miles - M	16 10 miles - CM 6 mile - 1/2 & TCM/... RM - Laczniak Klan	17 Cross Train	18 4 miles - 1/2 5 miles - M	19 Rest	20 12 miles - TCM & D... 20 miles - CM 9 mile - 1/2 RM - Mike Mullins
21 Cross Train	22 4 miles - 1/2 4 miles - M	23 10 miles - DMM 4 miles - TCM 6 mile - 1/2 & CM RM - Schmidt Klan	24 Cross Train	25 4 miles - 1/2 4 miles - M BD - Tim Moran	26 BD - Kris Franken Rest	27 12 miles - 1/2 & CM 20 miles - DMM 8 miles - TCM RM - Kirstin Peterson
28 Capital Pursuit Cross Train	29 3 miles - 1/2 & TCM 4 miles - M	30 3 miles - TCM 4 miles - 1/2 & CM 6 miles - DMM RM - Art Barton	1 Cross Train	2 2 miles - TCM 4 miles - 1/2 & M	3 Rest	4 12 miles - DMM 6 mile - 1/2 8 miles - CM RM - Sara Lehman

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28	29	30	1	2	3	4
Capital Pursuit Cross Train	3 miles - 1/2 & TCM 4 miles - M	3 miles - TCM 4 miles - 1/2 & CM 6 miles - DMM RM - Art Barton	Cross Train	2 miles - TCM 4 miles - 1/2 & M	Rest	12 miles - DMM 6 mile - 1/2 8 miles - CM RM - Sara Lehman
5	6	7	8	9	10	11
Cross Train Milwaukee Marathon Twin Cities Marathon	3 miles - 1/2 & CM 4 miles - DMM	3 miles - CM 4 miles - 1/2 & DMM	Cross Train	2 miles - CM 3 miles - 1/2 4 miles - DMM	Rest	4 miles - 1/2 8 miles - DMM RM - Danielle Wain
12	13	14	15	16	17	18
Chicago Marathon Cross Train Run 4 Roses	3 miles - 1/2 & DMM	2 miles - 1/2 3 miles - DMM	Cross Train	2 miles - 1/2 & DMM BD - Katie Bradshaw	Rest	6 miles RM - Tim Gartin
19	20	21	22	23	24	25
Cross Train Des Moines Marathon	3 miles	4 miles BD - Julie Vardaman	Cross Train	3 miles BD - Danielle Wain	Rest	8 miles Race for Cure RM - Rich Bundy
26	27	28	29	30	31	1
Cross Train	4 miles	4 miles	Cross Train	4 miles	Brendan Finn - BD Halloween Rest	6 miles RM - Chris Crippen

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26 Cross Train	27 4 miles	28 4 miles	29 Cross Train	30 4 miles	31 Brendan Finn - BD Halloween Rest	1 6 miles RM - Chris Crippen
2 Cross Train	3 4 miles	4 5 miles	5 Cross Train	6 4 miles	7 BD - Bill Schmitt Rest	8 9 miles RM - John Moran
9 BD - Chris Delany Cross Train	10 4 miles	11 5 miles	12 Cross Train	13 4 miles	14 Rest	15 6 miles RM - Brendan Finn
16 Cross Train San Antonio Marathon	17 4 miles	18 5 miles	19 Cross Train	20 4 miles	21 Rest	22 7 miles Living History Farms RM - Jeff Margrett
23 Cross Train	24 3 miles	25 5 miles	26 Cross Train	27 3 miles BD - John Moran Thanksgiving Day	28 Rest	29 6 miles BD - Craig Walter RM - Nutini Klan
30 Cross Train	1 4 miles BD - Kori Heuss BD - Mike Mullins	2 5 miles BD - Jenn Schaeffer ...	3 Cross Train	4 4 miles	5 Rest	6 8 miles BD - Jan Schmitt Memphis Marathon RM - Bob Watson

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30 Cross Train	1 4 miles BD - Kori Heuss BD - Mike Mullins	2 5 miles BD - Jenn Schaeffer ...	3 Cross Train	4 4 miles	5 Rest	6 8 miles BD - Jan Schmitt Memphis Marathon RM - Bob Watson
7 Cross Train	8 4 miles	9 6 miles	10 Cross Train	11 4 miles	12 Rest	13 12 miles RM - Todd Wuesten...
14 Cross Train	15 4 miles	16 4 miles	17 Cross Train	18 4 miles	19 Jody Gatewood BD Rest	20 8 miles RM - John Glover
21 Cross Train	22 4 miles	23 3 miles	24 Christmas Eve Cross Train	25 3 miles Christmas Day	26 Rest	27 6 miles RM - Kelly Williams
28 Cross Train	29 4 miles	30 5 miles	31 Cross Train	1 New Year's Day	2 Rest	3