

# June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Coastal</b> 500ft -1500ft	<b>Rolling</b> 1500ft - 3500ft	<b>Hilly</b> 3500ft – 7000ft		<b>1</b>	<b>2</b>
<b>3</b> CAF MDC TRAINING	<b>4</b> Rest Day	<b>5</b> 1.5hrs – Z2 20miles Coastal	<b>6</b> Rest Day	<b>7</b> 1.5hrs – Z2 20miles Coastal	<b>8</b> 1hr – Recovery Z1	<b>9</b> CAF Club or 2hrs – Z2 30miles Coastal
<b>10</b> CAF MDC TRAINING	<b>11</b> Rest Day	<b>12</b> 1.5hrs – Z2 20miles Coastal	<b>13</b> Rest Day	<b>14</b> 1.5hrs – Z2 20miles Coastal	<b>15</b> 1hr – Recovery Z1	<b>16</b> CAF Club with CAF MDC TRAINING
<b>17</b> Father's Day 2hrs – Z2 30miles Coastal	<b>18</b> Rest Day	<b>19</b> 1.5hrs – Z2 20miles Coastal	<b>20</b> 1.5hrs – Z2 20miles Coastal	<b>21</b> 1.5hrs – Z2 20miles Coastal	<b>22</b> Rest Day	<b>23</b> CAF Club or 2hrs – Z2 30miles Coastal
<b>24</b> CAF MDC TRAINING	<b>25</b> Rest Day	<b>26</b> 1hr – Recovery Z1	<b>27</b> 2hrs – Z2 30miles Coastal	<b>28</b> 1.5hrs – Z2 20miles Coastal	<b>29</b> Rest Day	<b>30</b> CAF Club or 3.5hrs 40miles Recovery

# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3hrs – Z2 45miles Coastal/Rolling	2 Rest Day	3 2hrs – Z2 30miles Coastal	4 4 hours of Independence Z2-3 60miles Rolling	5 1hr – Recovery Z1	6 Rest Day	7 CAF Club or 3hrs – Z2 45miles Coastal/Rollin
8 <b>CAF MDC TRAINING</b>	9 Rest Day	10 2hrs – Z2 30miles Coastal	11 2hrs – Z2/3 30miles Rolling	12 2hrs – Z2 30miles Coastal	13 Rest Day	14 CAF Club or 2hrs – Z2 30miles Coastal
15 <b>CAF MDC TRAINING</b>	16 Rest Day	17 2hrs – Z2 30miles Coastal	18 2hrs – Z2/3 30miles Rolling 7	19 2hrs – Z2 30miles Coastal	20 Rest Day	21 CAF Club or 3hrs – Z2 45miles Coastal/Rollin
22 <b>CAF MDC TRAINING</b>	23 Rest Day	24 2hrs – Z2 30miles Coastal	25 2hrs – Z2/3 30miles Rolling	26 2hrs – Z2 30miles Coastal	27 Rest Day	28 CAF Club or 3hrs – Z2 45miles Coastal/Rollin
29 <b>CAF MDC TRAINING</b>	30 Rest Day	31				
	<b>Coastal 500ft -1500ft</b>	<b>Rolling 1500ft - 3500ft</b>	<b>Hilly 3500ft – 7000ft</b>			

# August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Rest Day	<b>2</b> 2hrs – Z2/3 30miles Rolling	<b>3</b> 2hrs 30 miles Z1	<b>4</b> CAF Club or 3hrs – Z2 45miles Coastal
<b>5</b> CAF MDC TRAINING	<b>6</b> Rest Day	<b>7</b> 1hr – Recovery Z1	<b>8</b> 2hrs – Z2/3 30miles Rolling	<b>9</b> 2hrs 30 miles Z2	<b>10</b> Rest Day	<b>11</b> CAF MDC TRAINING
<b>12</b> CAF MDC TRAINING	<b>13</b> Rest Day	<b>14</b> 1hr – Recovery Z1	<b>15</b> 1.5hrs 20 miles Z2	<b>16</b> 2hrs – Z2/3 30miles Rolling	<b>17</b> 2hrs 30 miles Z1	<b>18</b> CAF Club or 3hrs – Z2 45miles Coastal
<b>19</b> CAF MDC TRAINING	<b>20</b> Rest Day	<b>21</b> 1hr – Recovery Z1	<b>22</b> 3hrs – Z2 45miles Coastal/Rollin	<b>23</b> 2hrs – Z2/3 30miles Rolling	<b>24</b> 1.5hrs 20 miles Z2	<b>25</b> CAF Club or 4hrs – Z2 60 miles Coastal
<b>26</b> CAF MDC TRAINING	<b>27</b> Rest Day	<b>28</b> 1hr – Recovery Z1	<b>29</b> 3hrs – Z3 45miles Rolling/Hills	<b>30</b> 2hrs 30 miles Z2	<b>31</b> 2hrs – Z2/3 30miles Rolling	
	<b>Coastal</b> <b>500ft -1500ft</b>	<b>Rolling</b> <b>1500ft - 3500ft</b>	<b>Hilly</b> <b>3500ft –</b> <b>7000ft</b>			

# September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 CAF Club or 4hrs 60miles Coastal
2 CAF MDC TRAINING	3 4-5hrs of Labor 60-75miles Z3 Tempo	4 Rest Day	5 3hrs – Z3 45miles Rolling/Hills	6 1hr – Recovery Z1	7 2hrs 30 miles Z1	8 CAF Club or 3hrs – Z3 Hills 45miles Coastal/Rolling
9 CAF MDC TRAINING	10 Rest Day	11 2hrs 30 miles Z2	12 3hrs – Z4 45miles Rolling/Hills	13 1hr – Recovery Z1	14 2hrs 30 miles Z1	15 CAF Club or 3hrs – Z2 45miles Coastal/Rolling
16 CAF MDC TRAINING	17 Rest Day	18 1hr – Recovery Z1	19 2hrs – Z4 30miles Rolling/Hills	20 1hr – Recovery Z1	21 Rest Day	22 CAF Club or 3hrs – Z2 45miles Coastal/Rolling
23 CAF MDC TRAINING	24 Rest Day	25 1hr – Recovery Z1	26 Rest Day	27 2hr – Recovery Z1	28 Rest Day	29 CAF Club or 3hrs 45miles Coastal
30 CAF MDC TRAINING	Coastal 500ft -1500ft	Rolling 1500ft - 3500ft	Hilly 3500ft – 7000ft			

# October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Rest Day	<b>2</b> 1hr – Recovery Z1	<b>3</b> Rest Day	<b>4</b> 1hr – Recovery Z1	<b>5</b> Rest Day	<b>6</b> CAF Club or 2hrs – Recovery Z1
<b>7</b> CAF MDC TRAINING	<b>8</b> Rest Day Columbus Day	<b>9</b> 1hr – Recovery Z1	<b>10</b> 1hr – Recovery Z1	<b>11</b> Rest Day	<b>12</b> Rest Day Travel Day Hydrate	<b>13</b> <b>MDC</b>
<b>14</b> <b>MDC</b>	<b>15</b> <b>MDC</b>	<b>16</b> <b>MDC</b>	<b>17</b> <b>MDC</b>	<b>18</b> <b>MDC</b>	<b>19</b> <b>MDC</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>  Halloween			

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11 Veterans Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	