

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	POSSIBLE RACES	POSSIBLE RACES
	<b>Rest</b>	<b>Hill/Track</b>	<b>Easy</b>	<b>Tempo</b>	<b>Rest</b>	<b>LSD</b>	<b>Easy</b>		
Jul 6 - Jul 12					<b>3</b>	<b>3</b>	<b>3</b>		
Jul 13 - Jul 19		<b>3</b>	<b>3</b>	<b>3</b>	rest	<b>3</b>	<b>3</b>		
Jul 20 - Jul 26	rest	<b>3</b>	<b>3</b>	<b>3</b>	rest	<b>4</b>	<b>3</b>		
Jul 27 - Aug 2	rest	<b>3</b>	<b>3</b>	<b>3</b>	rest	<b>5</b>	<b>3</b>		
Aug 3 - Aug 9	rest	<b>3</b>	<b>4</b>	<b>3</b>	rest	<b>6</b>	<b>4</b>		
Aug 10 - Aug 16	rest	<b>3</b>	<b>5</b>	<b>3</b>	rest	<b>7</b>	<b>5</b>		
Aug 17 - Aug 23	rest	3H	5	4	rest	8	5		
Aug 24 - Aug 30	rest	4H	5	3 X (4/1)	rest	10	6		
Aug 31 - Sep 6	rest	5H	6	3 X (5/1)	rest	11	7		
Sep 7 - Sep 13	rest	6H	6	2 X (8/2)	rest	12	6		
Sep 14 - Sep 20	rest	7H	5	3 X (5/1)	rest	9	7		
Sep 21 - Sep 27	rest	8H	7	2 X (9/2)	rest	14	8		
Sep 28 - Oct 4	rest	9H	7	3 X (6/2)	rest	15	8		
Oct 5 - Oct 11	rest	10H	5	4 X (5/1)	rest	13	8	<b>WORLDWIDE 1/2</b>	
Oct 12 - Oct 18	rest	3Y	8	2 X (12/3)	rest	17	8		
Oct 19 - Oct 25	rest	4Y	8	3 X (8/2)	rest	18	8		
Oct 26 - Nov 1	rest	5Y	5	4 X (5/1)	rest	13	8		<b>AUGUSTA 1/2</b>
Nov 2 - Nov 8	rest	6Y	8	3 X (9/2)	rest	20	5		<b>OUTER BANKS 1/2</b>
Nov 9 - Nov 15	rest	7Y	5	3 X (5/1)	rest	13	8		<b>BIG SUR 1/2</b>
Nov 16 - Nov 22	rest	8Y	8	2 X (15/1)	rest	20	5		<b>PHILADELPHIA 1/2</b>
Nov 23 - Nov 29	rest	9Y	6	<b>4 X (7/2)</b>	rest	13	8	<b>TURKEY DAY 5K</b>	
Nov 30 - Dec 6	rest	10Y	5	3 X (9/2)	rest	8	3		
Dec 7 - Dec 13	rest	<b>4</b>	<b>3</b>	<b>3</b>	rest	26.2	rest	<b>KIAWAH</b>	