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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2/16/2015	2/17/2015	2/18/2015	2/19/2015	2/20/2015	2/21/2015	2/22/2015
	Run 45 Minutes	BBG Pre Week 1.1	Run 45 Minutes	BBG Pre Week 1.2		2 miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2/23/2015	2/24/2015	2/25/2015	2/26/2015	2/27/2015	2/28/2015	3/1/2015
	Run 45 Minutes	BBG Pre Week 2.1	Run 45 Minutes	BBG Pre Week 2.2		3 miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/2/2015	3/3/2015	3/4/2015	3/5/2015	3/6/2015	3/7/2015	3/8/2015
	Run 45 Minutes	BBG Pre Week 3.1	Run 45 Minutes	BBG Pre Week 3.2		4 miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/9/2015	3/10/2015	3/11/2015	3/12/2015	3/13/2015	3/14/2015	3/15/2015
	Run 45 Minutes	BBG Pre Week 4.1	Run 45 Minutes	BBG Pre Week 4.2		4 miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/16/2015	3/17/2015	3/18/2015	3/19/2015	3/20/2015	3/21/2015	3/22/2015
	Run 45 Minutes	BBG Week 1.1	Run 45 Minutes	BBG Week 1.2		5 miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/23/2015	3/24/2015	3/25/2015	3/26/2015	3/27/2015	3/28/2015	3/29/2015
BBG Week 2.1	Run 45 Minutes	BBG Week 2.2	Run 45 Minutes	BBG Week 2.3		5 miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3/30/2015	3/31/2015	4/1/2015	4/2/2015	4/3/2015	4/4/2015	4/5/2015
	Run 45 Minutes	BBG Week 3.1	Run 45 Minutes	BBG Week 3.2		6 miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/6/2015	4/7/2015	4/8/2015	4/9/2015	4/10/2015	4/11/2015	4/12/2015
BBG Week 4.1	Run 45 Minutes	BBG Week 4.2	Run 45 Minutes	BBG Week 4.3		6 miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/13/2015	4/14/2015	4/15/2015	4/16/2015	4/17/2015	4/18/2015	4/19/2015
BBG Week 5.1	Run 45 Minutes	BBG Week 5.2	Run 45 Minutes	BBG Week 5.3		Run 7 Miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/20/2015	4/21/2015	4/22/2015	4/23/2015	4/24/2015	4/25/2015	4/26/2015
BBG Week 6.1	Run 45 Minutes	BBG Week 6.2	Run 45 Minutes	BBG Week 6.3		Run 3.5 Miles
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/27/2015	4/28/2015	4/29/2015	4/30/2015	5/1/2015	5/2/2015	5/3/2015

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