

November 2023 - updated 10/26/2023

~ November 2023 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 ENDURANCE WORKOUT #1	2 SPEED WORKOUT #1	3 INTERVAL WORKOUT #1	4
5	6 THRESHOLD WORKOUT #1	7 SPEED WORKOUT #2	8 ENDURANCE WORKOUT #2	9 SPEED WORKOUT #3	10 INTERVAL WORKOUT #2	11
12	13 THRESHOLD WORKOUT #2	14 SPEED WORKOUT #4	15 ENDURANCE WORKOUT #3	16 SPEED WORKOUT #5	17 INTERVAL WORKOUT #3	18
19	20 THRESHOLD WORKOUT #3	21 SPEED WORKOUT #1	22 ENDURANCE WORKOUT #4	23 HAPPY THANKSGIVING	24 INTERVAL WORKOUT #4	25
26	27 THRESHOLD WORKOUT #4	28 SPEED WORKOUT #2	29 ENDURANCE WORKOUT #1	30 SPEED WORKOUT # 3		