Bulldog 50k and 25k ultra marathon Saturday August 25th

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
2/10/2017	Rest	3	5	4	Rest	4	6	*22*
2/17/2017	Rest	3	6	3	Rest	5	7	*24*
2/24/2017	Rest	3	5	5	Rest	6	5	*24*
3/3/2017	Rest	4	5	4	Rest	7	6	*26*
3/10/2017	Rest	5	6	4	Rest	8	4	*27*
3/17/2017	Rest	5	7	5	Rest	9	8	*34*
3/24/2017	Rest	5	5	3	Rest	10	4	*27*
3/31/2018	Rest	6	6	5	Rest	8	6	*31*
4/7/2018	Rest	5	7	5	Rest	12	8	*37*
4/14/2018	Rest	5	5	6	Rest	8	6	*30*
4/21/2018	Rest	6	7	5	Rest	14	10	*42*
4/28/2018	Rest	5	6	5	Rest	10	6	*32*
5/5/2018	Rest	5	5	6	Rest	16	8	*40*
5/12/2018	Rest	5	7	6	Rest	10	10	*38*
5/19/2018	Rest	5	6	6	Rest	12	7	*36*
5/26/2018	Rest	6	8	5	Rest	18	8	*45*
6/2/2018	Rest	6	7	5	Rest	10	6	*34*
6/9/2018	Rest	5	6	6	Rest	12	8	*37*
6/16/2018	Rest	5	8	6	Rest	20	10	*49*
6/23/2018	Rest	6	5	5	Rest	10	8	*34*
6/30/2018	Rest	5	6	5	Rest	12	8	*36*
7/7/2018	Rest	6	8	6	Rest	22	10	*52*
7/14/2018	Rest	5	5	5	Rest	10	8	*33*
7/21/2018	Rest	5	4	5	Rest	16	8	*38*
7/28/2018	Rest	6	5	6	Rest	8	10	*35*
8/4/2018	Rest	5	2	6	Rest	9	26.2	*48.2*
8/11/2018	Rest	4	3	5	Rest	10	6	*28*
8/18/2018	Rest	6	4	5	Rest	6	4	*25*
8/25/2018	Rest	4	Rest	Rest	Rest	**31.7**	Rest	*35.7*

Code
Strength Workout
Easy
Rest
Long Run
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