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| **East Paulding Distance Track** |
| Winter Training Log (Group D) |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Total |
| 12/11 | 12/12 | 12/13 | 12/14 | 12/15 | 12/16 | 12/17 | 12/11-12/17 |
| 20 min | OFF | 15 min | 15 min | OFF | 25 min | OFF | 75 min |
|  |  |  |  |  |  |  |  |
| 12/18 | 12/19 | 12/20 | 12/21 | 12/22 | 12/23 | 12/24 | 12/18-12/24 |
| 20 min | OFF | 20 min | 20 min | OFF | 30 min | OFF | 90 min |
|  |  |  |  |  |  |  |  |
| 12/25 | 12/26 | 12/27 | 12/28 | 12/29 | 12/30 | 12/31 | 12/25-12/31 |
| OFF | 20 min | 25 min | 20 min | OFF | 35 min | OFF | 100 min |
|  |  |  |  |  |  |  |  |
| 1/1 | 1/2 | 1/3 | 1/4 | 1/5 | 1/6 | 1/7 | 1/1-1/7 |
| OFF | 25 min | 25 min | OFF | 25 min | 35 min | OFF | 110 min |
|  |  |  |  |  |  |  |  |
| 1/8 | 1/9 | 1/10 | 1/11 | 1/12 | 1/13 | 1/14 | 1/8-1/14 |
| 20 min | 20 min | 20 min | OFF | 20 min | 30 min | OFF | 110 min |
|  |  |  |  |  |  |  |  |