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| Beat the Freeze 2022 |
| January 1-31 |
| Training Log Run/Walk Streak | Email completed training log to michenermilers@gmail.com to receive your finishers buff |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  |  |  |  |  |  | \*Optional 5k challenge |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  |  |  |  |  |  | \*Optional 5k challenge |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  |  |  |  |  |  | \*Optional 5k challenge |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|  |  |  |  |  |  | \*Optional 5k challenge |
|  30 | 31 |  |  |  |  |  |
|   |  |  |  |  |  |  |