

RUNNERS

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	REST	1.5 mile run	CT or REST	1.5 mile run	REST	2 mile run	25-30 min EZ run or CT
WEEK 2	REST	1.5 mile run	CT or REST	1.5 mile run	REST	2 mile run	25-30 min EZ run or CT
WEEK 3	REST	2 mile run	CT or REST	2 mile run	REST	2.5 mile run	25-30 min EZ run or CT
WEEK 4	REST	2.5 mile run	CT or REST	2 mile run	REST	2.5 mile run	30-35 min EZ run or CT
WEEK 5	REST	2.5 mile run	CT or REST	2 mile run	REST	3.5 mile run	35 min EZ run or CT
WEEK 6	REST	3 mile run	CT or REST	2.5 mile run	REST	4 mile run	35-40 min EZ run or CT
WEEK 7	REST	1.5 mile run	CT or REST	2.5 mile run	REST	4.5 mile run	35-40 min EZ run or CT
WEEK 8	REST	3.5 mile run	CT or REST	3 mile run	REST	5 mile run	40 min EZ run or CT
WEEK 9	REST	3 mile run	CT or REST	2 mile run	REST	REST	RACE!

WALKERS

WEEK	DAY 1	DAY 2	DAY 3	DAY 4
WEEK 1	1/1 X 11	1/1 X 12	1/1 X 13	40-35 mins cross-training
WEEK 2	1/1 X 15	1/1 X 15	1/1 X 15	45 mins cross-training
WEEK 3	2/1 X 10	2/1 X 10	2/1 X 10	45 mins cross-training
WEEK 4	2/1 X 10	3/1 X 10	2/1 X 14	45 mins cross-training
WEEK 5	3/1 X 10	3/1 X 8	3/1 X 11	45 mins cross-training
WEEK 6	3/1 X 10	3/1 X 8	3/1 X 13	45 mins cross-training
WEEK 7	3/1 X 10	3/1 X 10	3/1 X 15	45 mins cross-training
WEEK 8	3/1 X 10	3/1 X 10	3/1 X 17	45 mins cross-training
WEEK 9	2/1 X 10	30 mins cross-training	3/1 X 5	RACE!