

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	2 miles	3 miles	2 miles	Rest	4.5 miles	30 min walk
2	Rest	2 miles	3 miles	2 miles	Rest	3 miles	50 min walk
3	Rest	2 miles	3 miles	2 miles	Rest	5 miles	30 min walk
4	Rest	2 miles	3 miles	2.5 miles	Rest	3 miles	55 min walk
5	Rest	2 miles	3 miles	2.5 miles	Rest	5.5 miles	30 min walk
6	Rest	3 miles	3 miles	3 miles	Rest	3 miles	60 min walk
7	Rest	3 miles	3 miles	3 miles	Rest	6 miles	30 min walk
8	Rest	3 miles	3 miles	3 miles	Rest	10K Race	Cross
9	Rest	3 miles	3 miles	3 miles	Rest	7 miles	Cross
10	Rest	3 miles	4 miles	3 miles	Rest	5 miles	Cross
11	Rest	3 miles	4 miles	3 miles	Rest	9 miles	Cross
12	Rest	3 miles	5 miles	3 miles	Rest	10 miles	Cross
13	Rest	3 miles	5 miles	3 miles	Rest	7 miles	Cross
14	Rest	3 miles	6 miles	3 miles	Rest	12 miles	Cross
15	Rest	3 miles	6 miles	3 miles	Rest	10K Race	Half Marathon
16	Rest	3 miles	7 miles	4 miles	Rest	10 miles	Cross
17	Rest	3 miles	7 miles	4 miles	Rest	15 miles	Cross
18	Rest	4 miles	8 miles	4 miles	Rest	16 miles	Cross
19	Rest	4 miles	8 miles	5 miles	Rest	12 miles	Cross
20	Rest	4 miles	9 miles	5 miles	Rest	18 miles	Cross
21	Rest	5 miles	9 miles	5 miles	Rest	14 miles	Cross
22	Rest	5 miles	10 miles	5 miles	Rest	20 miles	Cross
23	Rest	5 miles	8 miles	4 miles	Rest	12 miles	Cross
24	Rest	4 miles	6 miles	3 miles	Rest	8 miles	Cross
25	Rest	3 miles	4 miles	2 miles	Rest	Rest	Marathon