

Week	Saturday Group Run	Sunday	Monday Group Run	Tuesday	Wednesday Group Run	Thursday	Friday
July 11	4.0 miles	Rest	3 miles	Cross Train	4 miles	Cross Train	Rest
July 18	5.0 miles	Rest	3 miles	Cross Train	4 miles	Cross Train	Rest
July 25	6.0 miles	Rest	3 miles	Cross Train	4 miles	Cross Train	Rest
August 1	5.0 miles	Rest	3 miles	Cross Train	4 miles	Cross Train	Rest
August 8	7.0 miles	Rest	3 miles	Cross Train	4 miles	Cross Train	Rest
August 15	8.0 miles	Rest	3 miles	Cross Train	4 miles	Cross Train	Rest
August 22	5.0 miles	Rest	3 miles	Cross Train	4 miles	Cross Train	Rest
August 29	Race Day: 8.39 miles (13.5K)						
Suggested Cross-training Exercises							
Glutes and hips (bridges, clamshells, lateral walks)							
Core (planks, bird dogs, dead bugs)							
Single-leg strength (lunges, step-ups, single-leg deadlifts)							
Calf raises and balance exercises							