

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	1.5 mile run	Walk 10 minutes and Strength Day	1.5 mile run	Rest	Walk 25 minutes	2 mile run	Walk 10 minutes and Mobility Day
WEEK 2	1.5 mile run	Walk 10 minutes and Strength Day	2 mile run	Rest	Walk 25 minutes	2.5 mile run	Walk 10 minutes and Mobility Day
WEEK 3	1.5 mile run	Walk 10 minutes and Strength Day	2.5 mile run	Rest	Walk 25 minutes	3 mile run	Walk 10 minutes and Mobility Day
WEEK 4	2 mile run	Walk 10 minutes and Strength Day	2.5 mile run	Rest	Walk 30 minutes	3.5 mile run	Walk 10 minutes and Mobility Day
WEEK 5	2.5 mile run	Walk 10 minutes and Strength Day	3 mile run	Rest	Walk 30 minutes	4 mile run	Walk 10 minutes and Mobility Day
WEEK 6	2.5 mile run	Walk 10 minutes and Strength Day	3 mile run	Rest	Walk 30 minutes	4.5 mile run	Walk 10 minutes and Mobility Day
WEEK 7	3 mile run	Walk 10 minutes and Strength Day	3 mile run	Rest	Walk 30 minutes	3 mile run	Walk 10 minutes and Mobility Day
WEEK 8	3 mile run	Walk 10 minutes and Strength Day	3 mile run	Rest	Walk 30 minutes	5.5 mile run	Walk 10 minutes and Mobility Day
WEEK 9	2 mile run	Walk 10 minutes and Strength Day	2 mile run	Rest	Wak 20 minutes	3.5 mile run	Rest
WEEK 10	2 mile run	Walk 15 minutes	2 mile run	Rest	Rest	RACE DAY!	