

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	2.5 mi run	30 min cross	2 mi run	Rest	40 min cross	3 mi run
2	Rest	2.5 mi run	30 min cross	2 mi run	Rest	40 min cross	3.5 mi run
3	Rest	2.5 mi run	35 min cross	2 mi run	Rest	50 min cross	4 mi run
4	Rest	3 mi run	35 min cross	2 mi run	Rest	50 min cross	4 mi run
5	Rest	3 mi run	40 min cross	2 mi run	Rest	60 min cross	4.5 mi run
6	Rest	3 mi run	40 min cross	2 mi run	Rest	60 min cross	5 mi run
7	Rest	3 mi run	45 min cross	2 mi run	Rest	60 min cross	5.5 mi run
8	Rest	3 mi run	30 min cross	2 mi run	Rest	Rest	10K Run