

Week	Sunday	Tuesday	Thursday	Saturday
28-Jan	2 mile walk	30 minutes	30 minutes	30 minutes
4-Feb	2 mile walk	1/3 30 minutes	Boot Camp/Core	1/3 30 minutes
11-Feb	2 mile walk	1/2 45 minutes	1/3 2.5 miles	1/3 2.5 miles
18-Feb	2 mile walk	1/2 45 minutes	Boot Camp/Core	1/3 2.5 miles
25-Feb	3 mile walk	1/2 45 minutes	1/2 2.5 miles	1/2 3 miles
4-Mar	3 mile walk	1/2 45 minutes	Boot Camp/Core	1/2 3 miles
11-Mar	3 mile walk	1/2 45 minutes	1/2 3 miles	Race Simulation 5K
18-Mar	3 mile walk	1/2 45 minutes	Boot Camp/Core	1/2 3 miles
25-Mar	3 mile walk	1/2 45 minutes	1/1 3 miles	1/1 3 miles
1-Apr	3 mile walk	1/2 45 minutes	1/1 3 miles	1/1 3 miles
8-Apr	3 mile walk	1/1 45 minutes	Boot Camp/Core	1/1 4 miles
15-Apr	3 mile walk	1/1 45 minutes	1/1 3 miles	1.5/1 3 miles
22-Apr	3 mile walk	1/1 45 minutes	Boot Camp/Core	1.5/1 3 miles
29-Apr	3 mile walk	1/1 45 minutes	1/1 3 miles	1.5/1 4 miles
6-May	3 mile walk	1/1 45 minutes	Boot Camp/Core	1.5/1 3 miles
13-May	3 mile walk	1/1 45 minutes	1/1 3 miles	Race Day!

The first number is run and the second is walk. So if the workout says (1/2 3 miles) it means to run for 1 minutes and walk for 2 minutes for however long it takes you to complete 3 miles. Keep track of your times and put in a spreadsheet.

Sundays - Walk even if you think you can run! This is a recovery day.

Monday - Stretch and drink plenty of water.

Tuesday - This is your easy run day. Make sure to get the time in. Not worried about distance.

Wednesday - Stretch and drink plenty of water.

Thursday - Run at a moderate pace. You should not be able to speak in complete sentences but not panting. Boot Camp/Core will be every other Thursday night.

Friday - Stretch and drink plenty of water.

Saturday - Work day! Run almost to the pointing of panting. You need to work hard on this day. Finish the run!

******* Feel free to change the days of your workouts if you are Cross Training!**

You could just as easily run on Mon-Wed-Sat-Sun