



# Run Plan Weeks 1 - 4

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>June 21-27</b>	rest	3 miles	rest or XT	3 miles	XT	5 miles	3 miles easy
<b>June 28-july 4</b>	rest	4 miles w/ hills	rest or XT	3 miles	XT	5 miles + <b>Trigger Point</b>	3 miles easy
<b>July 5-11</b>	rest	5 mi w/fartlek 1/1 (15 min)	rest or XT	3 miles	XT	6 miles	3 miles easy
<b>July 12-18</b>	rest	5 miles	rest or XT	3 miles	XT	6 miles	3 miles easy

## Key Points to Remember:

- We are working on building mileage, pace is not the primary focus of this training program
- You should warm up your muscles before every run and XT session with dynamic stretching
- **Rest Day** = Don't do anything active. This is your body's much needed chance to recover (Must have 2 Rest Days per week)
- **XT** = Non-running activities, such as swimming, biking or strength training which are low impact ways to increase fitness without
- **BSO** = Build Up Stride Out (we will incorporate these later in training)
- **Fartlek** 1/1 or 2/1 = intervals of time where you speed up/slow down
- **Optional Day** = pick one or the other, do not do both
- **Back to Back runs** = learning to run tired (yes, this is actually good for you in moderation)



# Run Plan Weeks 5 - 8

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>July 19-25</b>	rest	4 miles with hills	XT	5 miles easy	XT	7 miles	3 miles easy
<b>July 26-Aug 1</b>	rest	5 mi w/ fartlek 1/1 (20 mi	XT	5 miles	XT	8 miles	4 miles easy
<b>Aug 2-8</b>	rest	4 miles with hills	XT	6 miles easy	XT	9 miles	4 miles easy
<b>Aug 9-15</b>	rest	4 miles with speed	XT	5 miles easy	XT	7 miles	3 miles easy

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# Run Plan Weeks 9 - 12

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Aug 16-22</b>	rest	5 mi w/fartlek 1/1 (20 min)	XT	5 miles	XT	10 miles	4 miles easy
<b>Aug 23-29</b>	rest	6 miles w/ hills	Optional: XT or 3 miles easy	5 mi	XT	11 miles	4 miles easy
<b>Aug 30-Sept 5</b>	rest	6 miles w/ hills	Optional: XT or 3 miles easy	5 mi	XT	12 miles	4 miles easy
<b>Sept 6-12</b>	rest	5 mi w/ 1/1 Fartlek (20min)	Optional: XT or 3 miles easy	6 miles	XT	9 miles	4 miles easy

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- **Back to Back runs** = learning to run tired (yes, this is actually good for you in moderation)



# Run Plan Weeks 13 - 16

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Sept 13-19</b>	rest	6 mi w/ hills	Optional: XT or 3 miles easy	6 miles	XT	12 miles	3 miles easy
<b>Sept 20-26</b>	rest	6 mi w/ 2/1 fartlek (21 mi)	Optional: XT or 4 miles easy	7 miles	rxt	14 miles	4 miles easy
<b>Sept 27-Oct 3</b>	rest	6 miles w/ hills	XT	6 miles	rest	9 miles	4 miles easy
<b>Oct 4-10</b>	rest	5 miles easy	Rest	4 miles	rest	3 miles easy	Race Day!

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