

Beginner Training Schedule

Week #	Mon.	Tues. (EP)	Wed. (10KP)	Thur. (MP)	Fri.	Sat. (LD)	Sun.
1	Rest	2 mi	2 mi	2 mi	Rest	2.5 mi	Rest/CT
2	Rest	2mi	3 mi	2 mi	Rest	3 mi	Rest/CT
3	Rest	2.5 mi	3 mi	2.5 mi	Rest	3.5 mi	Rest/CT
4	Rest	3 mi	3 mi	2 mi	Rest	4.0 mi	Rest/CT
5	Rest	3 mi	4 mi	2 mi	Rest	4.5 mi	Rest/CT
6	Rest	3 mi	2 mi	Rest	Rest	10K	Rest/CT

(Easy)

EP=Easy Pace, 10KP=Predicted Pace,
MP=Medium Pace, LD=Long Duration, CT=Cross Train

Advanced Training Schedule

Week #	Mon.	Tues. (EP)	Wed. (10KP)	Thur. (MP)	Fri.	Sat. (LD)	Sun.
1	Rest	3 mi	3 mi	3 mi	Rest	3 mi	Rest/CT
2	Rest	3 mi	3.5 mi	3 mi	Rest	4 mi	Rest/CT
3	Rest	3 mi	4 mi	2 mi	Rest	5 mi	Rest/CT
4	Rest	3 mi	2 mi	Rest	Rest	10K	Rest/CT

(Advanced)

EP=Easy Pace, 10KP=Predicted Pace,
MP=Medium Pace, LD=Long Duration, CT=Cross Train



Week	Run Date	Location	Total Distance	Total Time	Pace (Min/Mile)	Notes
1						
1						
1						
1						
2						
2						
2						
2						
3						
3						
3						
3						
4						
4						
4						
4						
5						
5						
5						
5						
6						
6						
6						
6						

Week	Run Date	Location	Total Distance	Total Time	Pace (Min/Mile)	Notes
7						
7						
7						
7						
8						
8						
8						
8						
9						
9						
9						
9						
10						
10						
10						
10						
11						
11						
11						
11						
12						
12						
12						
12						