

## - Training Schedule -

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Week 1	Rest	3 mi	3 mi	3 mi	Rest	4 mi	cross
Week 2	Rest	3 mi	3 mi at pace	3 mi	Rest	5 mi	cross
Week 3	Rest	3 mi	<b>8 K</b>	3 mi	Rest	5 mi	cross
Week 4	Rest	3 mi	4 mi at pace	3 mi	Rest	6 mi	cross
Week 5	Rest	3 mi	4 mi	3 mi	Rest	7 mi	cross
Week 6	Rest	3 mi	4 mi at pace	3 mi	Rest	7 mi	cross
Week 7	Rest	3 mi	5 mi	3 mi	Rest	8 mi	cross
Week 8	Rest	3 mi	5 mi at pace	3 mi	Rest	9 mi	cross
Week 9	Rest	3 mi	5 mi	3 mi	Rest	10 mi	cross
Week 10	Rest	3 mi	5 mi at pace	3 mi	Rest	11 mi	cross
Week 11	Rest	3 mi	5 mi	3 mi	Rest	12 mi	cross
Week 12	Rest	3 mi	2 mi at pace	3 mi	Rest	Rest	<b>Half Marathon</b>