

WEEK	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	Run 5 Min. Walk 1 Min. Repeat 5 Times Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Run 5 Min. Walk 1 Min. Repeat 4 Times; Strength Train	Active Recovery	Run 5 Min. Walk 1 Min. Repeat 4 Times; Strength Train	Active Recovery	Off/Rest
2	Run 7 Min. Walk 1 Min. Repeat 5 Times	Active Recovery; Walk or Play for 30 Minutes	Run 7 Min. Walk 1 Min. Repeat 3 Times; Strength Train	Active Recovery	Run 7 Min. Walk 1 Min. Repeat 4 Times; Strength Train	Active Recovery	Off/Rest
3	Run 10 Min. Walk 1 Min. Repeat 3 Times	Active Recovery; Walk or Play for 30 Minutes	Run 10 Min. Walk 1 Min. Repeat 3 Times; Strength Train	Active Recovery	Run 10 Min. Walk 1 Min. Repeat 3 Times; Strength Train	Active Recovery	Off/Rest
4	3 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	2 Mile Easy	Strength Train	Active Recovery	2 Miles Easy; Strength Train	Off/Rest
5	4 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	2 Mile Speed .5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down	Active Recovery	3 Miles E; Strength Train	Off/Rest
6	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	2 Mile Speed .5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down	Active Recovery	3 Miles Easy; Strength Train	Off/Rest
7	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	2.75 Mile Speed 1 Mile Warm Up; 3 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down	Active Recovery	3 Miles; Strength Train	Off/Rest
8	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	3 Mile Speed 1 Mile Warm Up; 4 x 200 RPE 8 w/ 200 Recovery; 1 Miles Cool Down	Active Recovery	3 Miles; Strength Train	Off/Rest
9	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	3 Mile Speed 1 Mile Warm Up; 2 x 400 RPE 8.5 w/ 400 Mile Recovery; 1 Miles Cool Down	Active Recovery	3 Miles; Strength Train	Off/Rest
10	6 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	3.5 Mile Speed 1 Mile Warm Up; 3 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery	4 Miles; Strength Train	Off/Rest
11	7 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down	Active Recovery	4 Miles; Strength Train	Off/Rest
12	8 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 400 RPE 8.5 w/ 400 Recovery; 1 Mile Cool Down	Active Recovery	4 Miles; Strength Train	Off/Rest
13	5 Miles Easy	Active Recovery; Walk or Play for 30 Minutes	Strength Train	4 Mile Speed 1 Mile Warm Up; 4 x 200 RPE 8.5 w/ 200 Recovery; 1 Mile Cool Down	Active Recovery	3 Miles; Strength Train	Off/Rest