

Weekly Training Schedule

WEEK	WEEKDAY RUNS	WEEKLY LONG RUNS	ALT. Run/WALK TIMES (Minutes)
1 (Sept)	30 min./1-3 miles	2 miles	Run = 3-5/Walk = 1-2
2 (Sept)	30 min./1-3 miles	3 miles	Run = 3-5/Walk = 1-2
3 (Sept)	45 min./2-4 miles	4 miles	Run = 3-5/Walk = 1-2
4 (Sept)	45 min./2-4 miles	5 miles	Run = 3-5/Walk = 1-2
5 (Oct)	45 min./2-4 miles	5K Race	Run = 3-5/Walk = 1-2
6 (Oct)	45 min./3-5 miles	6 miles	Run = 5-8/Walk = 1-2
7 (Oct)	50 min./3-5 miles	7 miles	Run = 5-8/Walk = 1-2
8 (Oct)	50 min./3-5 miles	10K Race	Run = 5-8/Walk = 1-2
9 (Oct/Nov)	50 min./4-6 miles	8 miles	Run = 8-10/Walk = 1-2
10 (Nov)	60 min./4-6 miles	9 miles	Run = 8-10/Walk = 1-2
11 (Nov)	60 min./4-6 miles	15K Race	Run = 8-10/Walk = 1-2
12 (Nov)	60 min./4-6 miles	10 miles	Run = 10-12/Walk = 1-2
13 (Nov)	60 min./4-7 miles	12 miles	Run = 10-12/Walk = 1-2
14 (Dec)	60 min./4-7 miles	Half Marathon	Run = 10-12/Walk = 1-2
15 (Dec)	60 min./4-7 miles	8 miles	Run = 12-14/Walk = 1-2
16 (Dec)	60 min./4-7 miles	10 miles	Run = 12-14/Walk = 1-2
17 (Dec)	60 min./4-8 miles	12 miles	Run = 12-14/Walk = 1-2
18 (Jan)	60 min./4-8 miles	Half Marathon	Run = 12-14/Walk = 1-2
19 (Jan)	60 min./4-8 miles	10 miles	Run = 15/Walk = 1-2
20 (Jan)	60 min./4-8 miles	12 miles	Run = 15/Walk = 1-2
21 (Jan)	60 min./4-8 miles	16 miles	Run = 15/Walk = 1-2
22 (Jan)	60 min./4-8 miles	8 miles	Run = 15/Walk = 1-2
23 (Feb)	60 min./4-8 miles	18-mile Race	Run = 15/Walk = 1-2
24 (Feb)	60 min./4-8 miles	8 miles	Run = 15/Walk = 1-2
25 (Feb)	60 min./4-8 miles	16-20 miles (no more than 4 hours)	Run = 15/Walk = 1-2
26 (Feb)	60 min./4-8 miles	8 miles	Run = 15/Walk = 1-2
27 (Mar)	45 min./3-5 miles	6 miles	Run = 10/Walk = 1-2
28 (Mar)	45 min./2-4 miles	Marathon	Run = 5-10/Walk = 1-2