

Weekly Training Schedule							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	3 miles	off
2	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	4 miles	off
3	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	6 miles	off
4	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	8 miles	off
5	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	off
6	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	10 miles	off
7	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	12 miles	off
8	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	14 miles	off
9	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	8 miles	off
10	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	16 miles	off
11	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	10 miles	off
12	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	18 miles	off
13	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	8 miles	off
14	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	off
15	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	20 miles	off
16	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	10 miles	off
17	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	23 miles	off
18	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	10 miles	off
19	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	18-20 miles	off
20	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	10 miles	off
21	walk/XT 40 min	run 30-45 min	walk or XT	run 30-45 min	walk or XT	6-8 miles	off
22	off	run 30-45 min	off	run 30-45 min	off	off	<b>26.2 miles</b>