

	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	7/28-8/3	3 miles	Cross Train	Group Training	REST and Massage	Easy 3		3 REST
Week 2	8/4-8/10	3 miles	Cross Train	Group Training	REST and Massage	Easy 3		3.5 REST
Week 3	8/11-8/17	3 miles	Cross Train	Group Training	REST and Massage	Easy 3		4 REST
Week 4	8/18-8/24	3 miles	Cross Train	Group Training	REST and Massage	Easy 3		4.5 REST
Week 5	8/25-8/31	4 miles	Cross Train	Group Training	REST and Massage	Easy 3		3 REST
Week 6	9/1-9/7	4 miles	Cross Train	Group Training	REST and Massage	Easy 3.5		5 REST
Week 7	9/8-9/14	4 miles	Cross Train	Group Training	REST and Massage	Easy 3.5		5.5 REST
Week 8	9/15-9/21	4 miles	Cross Train	Group Training	REST and Massage	Easy 4		6 REST
Week 9	9/22-9/28	4 miles	Cross Train	Group Training	REST and Massage	Easy 4		3 REST
Week 10	9/29-10/5	4.5 miles	Cross Train	Group Training	REST and Massage	Easy 4	10K RACE	REST
Week 11	10/6-10/12	5 miles	Cross Train	Group Training	REST and Massage	Easy 3		2.5 REST
Week 12	10/13-10/19	3 miles	Easy 3	Group Training	REST and Massage	REST	REST	RACE (OPT)

Monday - The mid-week long run day.

Tuesday - This is your cross training day. This should be a non running activity such as swimming, biking, yoga, strengthening exercises, hiking or walking.

Wednesday - This is our group training day. We will be doing various workouts these days, such as tempo runs, HIIT, cadence drills, hill repeats, track work, fartleks, fun runs and much more! The weekly newsletter will detail each week's agenda.

Thursday - This is the day for you to REST but also make sure that you are working on soft tissue (or myofascial) release, whether that means foam rolling, trigger pointing, stretching, using the stick or tigger tail and getting in your strenthening exercises. This is your day to take a physical inventory and make sure you are in good shape for your weekend long run.

Friday - This is your easy run day. Should just be a light run at your easy pace. This should not be a hard effort.

Saturday - This is your weekly long run. Should be done at a very slow pace and feel good throughout.

Sunday - This is your rest day. If you do anything, it should be light walking and soft tissue release.